



# Aqua Master

USMS 2004 Newsletter of the Year

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"Swimming for Life"

## USMS POOL ALL STARS



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### Andrew, Hilda, Dennis and Dave

are named to the USMS Pool All Star Team for 2004. USMS has been naming All-Stars since 1987. Pool All-Stars are those who have achieved the most first place finishes in their age group during the year in Top Ten competition in SCY, SCM and LCM.

In the event of a tie, the National Office goes through all three Top Ten lists for the year and ranks each individual swim according to the following system:

1st place = 10 points, 2nd place = 9 points, and so on.

Andrew Holden had 12 # 1 rankings in the 85-89 age group. He also had 5 # 1 rankings in the 80-84 age group. What a year!

Hilba Buel had 9 # 1 rankings in the 90-94 age group.

Dennis Baker had 5 # 1 rankings in 40-44 age group. Dennis tied but won the tie breaker.

Dave Radcliff had 15 # 1 rankings in the 70-74 age group.

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## Chair's Corner by Jody Welborn

In a previous column, I mentioned that I am a fitness swimmer that competes, helping me to maintain my motivation to train. And let me tell you my motivation to swim is at an all time high after swimming at both the Association Championships and the Northwest Zone Championships the past 2 weekends!

The Association Championships, hosted by Canby, was a rousing good time, with great competition, great swimming, great friends and the Canby High School pep band to top it off. The Awards banquet was highlighted by Tom Jager's inspirational talk about his training and philosophy as the coach of the University of Idaho women's swim team.

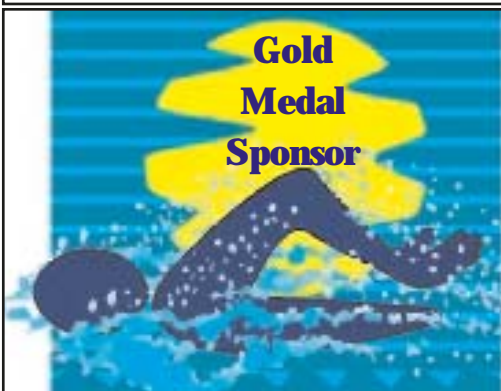
The next weekend found a number of Oregon swimmers at the Northwest Zone Championships in Federal Way, Washington. The pool was fast and the swimming was awesome. It was so much fun to compete at this great facility and to renew friendships with swimmers from around the Northwest Zone. I always have a good time at swim meets, but these two meets really reminded me of the pleasure that swimming brings: fitness and fun. We are so fortunate to be part of the greatest sport in the world.

And now that the Association Championships are completed, it's time to shift our focus to summer and the swimming opportunities available at our beautiful open water venues. This is an area where Oregon shines. Our Open Water swims are competitive and tons of fun. This year Central Oregon Masters will be very busy hosting both the first Open Water swim of the season at Foster Lake in June, a new open water venue, and the USMS One-Mile championship, as part of the Cascade Lakes Swim Series and Festival, at Elk Lake. And keep your eyes open for more information about the OMS Open Water Championships. All information and entry forms can be found on Oregon Masters Swimming website, [www.swimmoregon.org](http://www.swimmoregon.org).

There are great swimming opportunities around the corner and I hope to see you at the pool or the lake.

Remember, swimming is for life.

## Thank You



**Jody Welborn**  
**Allen Stark**  
**Michael Silvey**  
**Robert Smith**  
**Mike Tennant**  
**Susan Burke**  
**Jeffery Anspach**  
**Keith Dow**  
**Colette Crabbe**  
**Kemit Yensen**  
**Annamaria Picollo**  
**Erin Holland**  
**Elke Asleson**  
**Earl Walter**

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## Annual Awards Presentation

The OMS annual awards presentation took place in Canby at the Association Banquet. Here is a recap of the awards. All swimmers listed here have accomplished much over the 2004 season. Take time to congratulate them on a job well done.

We'll begin with the five major awards that OMS presents.

The **Connie Wilson Award** memorializes Connie Wilson, is given to an individual who, has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming. This year's award went to **Dave and Nancy Radcliff**.

The **Ol' Barn Award** honors Earl Walter (a.k.a. the Old Barnacle) and is given to a person who has shown outstanding leadership, dedication, and devotion throughout the year. The award was given to **Jeanne Teisher**.

The **Hazel Bressie Spirit Award-Female**, was awarded to **Mary Sweat**, who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year

The **Hazel Bressie Spirit Award-Male** was awarded to **Mike Tennant** for the same reasons.

The **Special Services Award** is given to an individual (s), organization, business, or group that has gone the extra mile by contributing outstanding service to a team or OMS and was given to **Luella Petersen and Debra George**.

New this year is the **OMS Lifetime All-Star Award**. When a swimmer is the top Outstanding Swimmer for five years, he or she will achieve this elite category. This is similar to a Hall of Fame recognition for Oregon Swimmers. We had six swimmers reach this prestigious category. They are **Herb Eisenschmidt** (deceased), **Barbara Frid**, **Andrew Holden**, **Ginger Pierson**, **Robert Smith**, and **Lavelle Stoinoff**. These great swimmers will no longer be awarded yearly Outstanding Swimmer awards but will be highlighted on our website.

OMS has a meet participation award, now called the **Art Welsh Most Splashes Award**. The late Art Welsh attended every National Championship since 1976. Winning this year were **Rich Juhala** (51 completed races in Oregon meets) and **Ginger Pierson** (48 "splashes"). Honorable mention goes to Joy Ward, George Thayer, Gano Butcher and Chirstina Fox-all with over 35 splashes in Oregon meets.

**Outstanding Swimmer Awards** are based on Top Ten rankings. Places in the National Top Ten are scored like a meet with a #1 position receiving the most points. The awards go to third place but the top male and female in each category are tracked and retired as an Oregon Lifetime All-Star when they receive five top placings. All five living Lifetime All-Stars were again in this group but are now ineligible for the award. The winners are:

Outstanding Swimmer 49 and Under Female

1. Karen Andrus-Hughes
2. Colette Crabbe
3. Valerie Jenkins

Outstanding Swimmer 50 and Over Female

1. Joy Ward
2. Hilda Buel
3. Janet Gettling

Outstanding Swimmer 49 and Under Male

1. Dennis Baker
2. Pat Allender
3. Gregory Latta

Outstanding Swimmer 50 and Over Male

1. Dave Radcliff
2. Gil Young
3. Allen Stark and Brent Lake

The last award that involves an OMS purchased award is for the **Long Distance Outstanding Swimmers**. These hardy souls receive their fleece coats (first time) and/or yearly embroidery for accumulating the most points for swims in the Oregon Open Water Series. The winners are **Pam Himstreet, Steve Johnson, Dave Radcliff and Mary Sweat**. And recognition goes to two others who swam all five postal events. Steve Johnson and Joni Young. They had to survive the dreaded 10K so this is a real accomplishment.

Now to a recap of awards given by USMS. These were also presented at the Banquet.

**USMS Pool All Stars**. See the first page of this edition, honoring the four great swimmers, **Dennis Baker, Hilda Buel, Andrew Holden and Dave Radcliff**

**USMS Long Distance All Stars** – **Ray Allen and Steve Johnson**

**USMS Pool All-Americans** – **Pat Allender, Dennis Baker, Karen Andrus-Hughes, Hilda Buel, Colette Crabbe, Andrew Holden, Valerie Jenkins, Nathan Johnsen, Brent Lake, Robin Parisi, Ginger Pierson, Bert Petersen, Dave Radcliff, Robert Smith, Allen Stark, Lavelle Stoinoff, and Joy Ward.**

*continued on page 4*





# G E T F I T

## WITH JANI AND SARA



### Transitioning to Summer Swimming

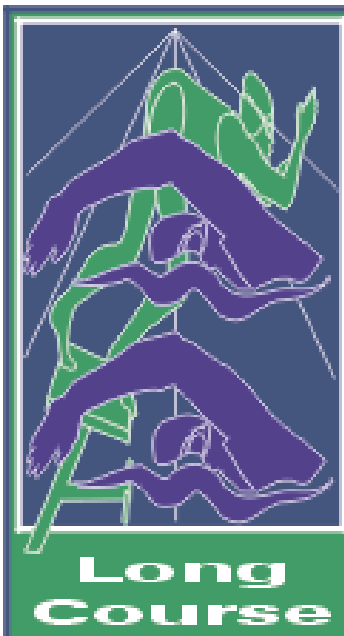
**Plan.** It is time to set new goals for the 2005 long course and open water season. Have you set yours? Consider the plan to include swimming and resting time. Be aware of your strengths and weaknesses in planning and following through with planning. Do you want to improve from last summer? Do you want to go to a different race? Do you need to swim more frequently in a 50-meter pool to be sharp for the long course meets? Do you need to work more on drafting tactics for open water swims?

**Fitness check.** It is time to reassess your current fitness level: low, medium, or high. Do you need renewed motivation to improve your fitness or to enhance your current fitness? Consider adding cycling, spinning, jogging, yoga, pilates, weight training, etc. Do you need to re-evaluate your current diet and eating patterns? Remember to include a variety of whole grains, fruits and vegetables, low-fat protein choices (meat, poultry, seafood, dairy, legumes) as well as the occasional sweet-tooth attack.

**Dryland.** It is highly recommended to include a dryland program in your swim training plan to include injury prevention exercises (for shoulders and low back), core strength exercises to enhance all that you do, and to improve or maintain adequate leg strength and endurance. The long course swimming season,

whether it be focused on pool or open water, requires extra endurance. Leg strength and endurance will help you to maintain your position in longer swims. Kicking does help us move forward, and why not use the legs rather than let them drag behind? In the 50-meter pool we have fewer turns or rest stops along the way, and improved endurance (i.e., legs) can improve our tolerance of the longer pool and get us to the next rest stop quicker! In an open water swim strong legs can help send messages to our neighbors at our feet, help steer around the buoys, and most important they help us jump up and run to the finish line - yes - jump and run!

**Swim.** It is time to change the mind-set of training to longer swim sets at an aerobic pace. Recall that aerobic means "with oxygen," so this is not high intensity swimming, it is the effort that you could swim at next September's 3000 postal swim. Aerobic training also helps teach our metabolism to use fat as a fuel source for extended energy and allows the opportunity to train our bodies to drink fluids at the breaks in the sets. Long distance sets allow us to learn how to pace ourselves while maintaining correct swimming form for increased efficiency. Long distance sets can be daunting to some, but the black line on the bottom of the pool is really not that bad!



***It is time to set new goals for the 2005 long course and open water season...Long distance sets can be daunting to some, but the black line on the bottom of the pool is really not that bad!***

Happy Spring training!s

### Awards continued from page 3

**USMS Long Distance All-Americans** – Ray Allen, Danielle Ebnother, Barbara Frid, Pam Himstreet, Brent Lake, Todd Lantry, June Mather, Tim Nelson, Sara Quan, Dave Radcliff, Bill Rash, Dan Schmitt, Doug Stewart, Lavelle Stoinoff, Mary Sweat, and Laura Tyrell

**USMS National Record Breakers** are Andrew Holden (6 records), Dennis Baker (2), Barbara Frid (1), Robert Smith (3), Ginger Pierson (1), and Lavelle Stoinoff (5).

We will have our other honorees, which include Relay Record holders, Relay All Americans, and individual Top Ten winners listed on our website along with the above information. Look for a full 2004 awards listing on our website, [www.swimoregon.org](http://www.swimoregon.org), after our esteemed webmaster, Robbert van Andel, moves back to Oregon and gets settled in Salem. As always, we appreciate any suggestions for the awards and the banquet program for next year's Association Meet. Pam Himstreet, Awards Chair



# LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Camping is always one of the great features of the Oregon open water season, and this year promises to be no different. Here is the camping information for all venues; plan ahead and reserve your campsites early!

1. Foster Lake (June 25): Foster Lake is within two hours of most Oregon lake swimmers and the registration begins at 9:00 am, allowing many swimmers to travel to the venue on the day of the event. For those with camping in mind, Sunnyside Park is a fully equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people. Hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917. Note: The race venue at Lewis Creek County Park has a \$3 parking fee.

2. Southern Oregon Open Water Challenge at Applegate Lake (July 16): Host team Rogue Valley Masters has reserved Beaver Sulfur Campground—located 3 miles up

Road #20 off Upper Applegate Road, 11 miles from the Lake—a scenic and secluded campground with vault toilets, well water, tables, and a beautiful creek. This is a group campground with 10 individual sites, each of which can accommodate several tents, making it a great team campsite. Camping at Beaver Sulfer is \$4/adult/night and must be reserved in advance on a first-come/first-served pre-paid basis (this fee does not include the \$5 Day Use Pass for the race site; smart swimmers may choose to carpool to the races and back). There will be a camp host to check for campers who have registered. At Hart-Tish Park (the race site) there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$15 per night with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee); there are no hookups. To check availability, call 541-899-9912. Note: The race venue at Hart-Tish Park has a \$5 day use fee; please bring exact change.

3. Cascade Lakes Swim Festival at Elk Lake (July 29-31): COMA has again reserved the Little Fawn Group Site, and you may pay for Friday & Saturday night camping with your entry at \$4/adult/day. If you wish other days, buy them at the Lake from the Camp Host. The Group Camp is a large area designed to hold 50 campers & 30 cars (small & medi-

um motor homes too). COMA will have a Camp Host on site to help you get settled in. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Parking will be limited to a pullout off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. A shuttle bus will run between the campground and the race site during registration hours and after the lunch & awards.

4. Oregon Association Championships at Eel Lake (August 13): There is prime camping at William M. Tugman State Park, which includes the race venue within walking distance of the camp sites, located on US 101 8 miles south of Reedsport and 14 miles north of Coos Bay. Info: 541-759-3604. Reservations: 800-452-5687.

There are 100 electrical sites with water at \$16/night and extra vehicles at \$7/night. There are also 13 yurts at \$27, which will require very early reservation. Other camping sites include Umpqua River Lighthouse State Park (2 miles north off 101), Salmon Harbor on Winchester Bay (3 miles north on 101), and Ten Mile Lake (4 miles south on 101).

There are many other camping choices in the Coos Bay area.

5. Zone Championships at Dorena Lake (August 21): There are many individual sites available at Schwarz Park, just below the dam that creates the lake and they should be reserved soon by calling 877-444-6777. The rules require a

minimum two night stay, and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and 2 tents for each site, at \$12/night. The campground has flush toilets & showers, and is only four miles from Cottage Grove & two miles from the race site. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. There is an additional campground at Baker Bay directly across the lake from the race site that has single camp sites, is on the lake, and has a boat ramp. Call 541-942-7669 for reservations there.

Good luck and good swimming!



**Oregon LMSC Postal One-Hour Swim Results 2005**

Place numbers are national places

**OR = Oregon Record; NR = National Record****Women 25-29**

13	Jenny Marine	29	COMA	4785
95	Trisha Kepple	28	CGM	3165

**Women 30-34**

21	Elizabeth Henderson	34	EA	4465
44	Jocelyn Sanford	39	RVM	4125
47	Maxine Braun	33	COMA	4010
59	Cheryl Morgen	34	COMA	3995

**Women 35-39**

58	Cheryl Morgen	35	ORE	3995
	Linda Scott	37	THB	2875
129	Janie Mack	37	CGM	2680

**Women 40-44**

<b>10</b>	<b>Karen Matson</b>	<b>41</b>	<b>COMA</b>	<b>4690 OR</b>
116	Sandra Chavez	44	RVM	3150
132	Laurie Mickels	42	CGM	2905

**Women 45-49**

5	Mary Sweat	47	COMA	4690
37	Marlys Cappaert	46	CAT	4100
48	Ann Goodman	45	CGM	3895
70	Cynthia Larkin	45	COMA	3680
101	Connie Peterson	49	COMA	3355
142	Maggie Young	49	?	2485

**Women 50-54**

18	Darlene Staley	54	THB	4005
43	Peggy Toole	52	THB	3580
72	June Mather	51	RVM	3125
76	Diane Cardwell	53	COMA	3115
121	Kathy Mellow	53	CGM	2115

**Women 55-59**

15	Sandi Rousseau	57	CGM	3700
23	Tam Jenkins	56	OWET	3465
41	Lynn Sacks	59	RVM	3040
58	Sandra Haynie	59	CGM	2095

**Women 60-64**

14	Peggie Hodge	64	COMA	2875
21	Gail Newton	60	EA	2560

**Women 90-94**

<b>1</b>	<b>Hilda Buel</b>	<b>90</b>	<b>Unat</b>	<b>1000 NR</b>
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**Men 30-34**

18	Dan Schmidt	30	EA	4800
91	Sam Louie	33	THB	2560

**Men 35-39**

17	Rob Higley	39	COMA	4830
46	Nathan Sanford	35	RVM	4275
84	Barry Branaugh	36	COMA	3530

**Men 40-44**

40	Chris Gaarder	40	OWET	4545
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**Men 45-49**

11	Doug Asbury	45	COMA	4940
16	Doug Otto	45	MACO	4810
25	Ed Ramsey	48	THB	4635
31	Mark Wren	46		4515
101	Mike Dowd	46	MACO	3920
130	Daniel Greenblatt	49	RVM	3620

**Men 50-54**

18	Charlie Swanson	53	EA	4510
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27	Mike Pendleton	53	CGM	4410
32	Scott McAllister	50	CGM	4340
46	Kermit Yensen	51	THB	4190
64	Craig Mather	53	RVM	4000
71	Chris Toole	53	THB	3920
88	Dallas Figley	50+	Unat	3620
95	Jimmy Unger	51	EA	3570
113	Tom Shuman	51	COMA	3265

**Men 55-59**

2	Steve Johnson	56	EA	4955
15	Bob Bruce	56	COMA	4445

**Men 60-64**

4	Tom Landis	62	COMA	4475
14	Ralph Mohr	63	COMA	3935
16	Frank Phillips	62	RVM	3890
42	Bill Mellow	63	CGM	3360

**Men 65-69**

12	Brent Lake	66	COMA	3725
21	George Thayer	68	COMA	3310

**Men 70-74**

<b>2</b>	<b>Dave Radcliff</b>	<b>70</b>	<b>THB</b>	<b>4355 OR</b>
30	George Webber	74	COMA	2215

**Men 75-79**

6	Ray Allen	78	SOM	2720
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**Men 80-84**

8	Charles Bushey	83	Unat	2380
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**Women 25+: 3 x One-hour**

6	OREG (Henderson, Sweat, Marine)	13,935
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**Men 45+: 3 x One-hour**

<b>3</b>	<b>OREG (Swanson, Ramsey, Asbury)</b>	<b>14,085 OR</b>
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**Men 55+: 3 x One-hour**

1	OREG (Bruce, Landis, Johnson)	13,875
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**Men 65+: 3 x One-hour**

2	OREG (Thayer, Lake, Radcliff)	11,400
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**Mixed 25+: 4 x One-hour**

4	OREG (Henderson, Marine, Schmitt, Higley)	18,875
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**Mixed 45+: 4 x One-hour**

3	OREG (Goodman, Sweat, Asbury, Johnson)	18,480
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**National Team Placement:**

2	(Medium Teams)	OREGON	277,900 yds
68	(Small Teams)	MACO	8,730 yds

**Highlights:**

Congratulations to the 61 Oregon-registered swimmers (28 women & 33 men, representing 11 local teams) who swam and entered the National One-Hour Swim. And a pat on the back to the other swimmers—I know of at least 30—who swam the event for fun and fitness but chose not to enter.

Congratulations to our One-Hour Swim National Champion Hilda Buel, who established a new National Record in the 90-94 age group! Ever so close were Steve Johnson and Dave Radcliff, runners-up in their respective age groups. Congratulations to Steve, Tom Landis, and Bob Bruce, who won the Men's 55+ relay. And congratulations to the Oregon Team, who were second in the team standings in the Medium Team Category! A tip of the hat to Karen Mattson and Dave Radcliff for breaking Oregon One-Hour Individual Records, and to the Men's 45+ relay team of Charlie Swanson, Ed Ramsey, and Doug Asbury that broke the Oregon One-Hour Relay Record.

Jenny Marine (4780 yds) and Steve Johnson (4955 yds) topped the Oregon women's and men's categories respectively.



## Swimming with JON



Jon Clark, Coaches Rep

### Association Championships 2005... An exercise in clarity.

The Association Championship Meet took on a different flavor this year, as the large team category was a forgone conclusion. Several teams and swimmers elected to focus on Zones the following weekend and participation in Canby was diminished. This gave me the opportunity to view the meet with an entirely different perspective. As we all know, this is the one pool meet each year that we swim for our respective clubs. Team rivalries, relays, and semi-tough banter among participants are encouraged. That is not to say the medium and small team categories were not hard fought!! I am only speaking from the perspective of a coach of a large team without equal at the event.

In an era when offering to take on the responsibility of this meet is daunting, the meet director Ken Schuh pulled out all the stops to make the small pool fit the event. He made everyone feel welcome. It was also made clear by both sponsor and local official representation that the city of Canby was glad we were there. From the everyone gets a shower as you go through the locker room (dressed or not), to the local high school band playing during warm-ups. It was clearly a small town pool for such a big event and that is part of what gave it meaning. We should all be that proud of our community and facilities when hosting an event.

Looking back to April 1-3, I realized I had the most enjoyable meet as a coach in my tenure at THB. I found myself really being able to focus on each swimmers individual accomplishments and swims. Each relay was swum purely for fun. Personal bests and reached goals were more easily disseminated and not lost in the hustle and bustle of the "who wants to be on a relay" scramble. Specific technique issues worked through the winter among swimmers were evident and watched. I had much more time to revel in the accomplishments of all the swimmers and that was truly a gift. Meet highlights were not points, records, or relays but the great personal accomplishments of the individuals who worked so hard through the winter to prepare. I had an opportunity to chat with a few swimmers from around OMS in which this was their first meet. They truly wanted to be there and did not care about locker rooms and bleacher space. They too are the swimmers that have the right idea on why we are here. Everyone who participated should be proud of his or her efforts. Thank you for making it a memorable event. For those who could not or chose not make the event, you missed out on opportunity to be part of something special.

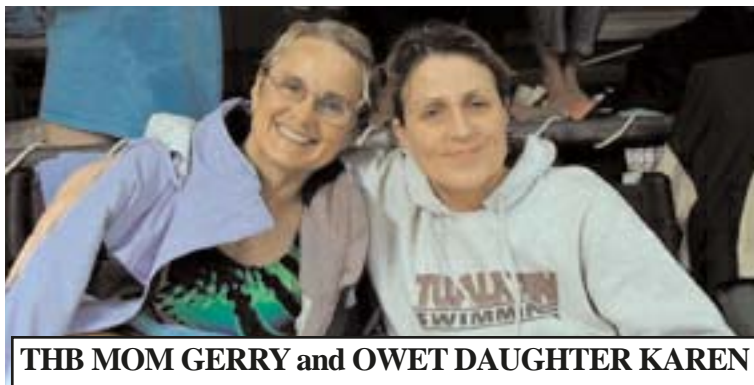
### FUN AT THE ASSOCIATION MEET



BERT'S FAMOUS STRIP DANCE



THB LAURIE and RVM FRANK



THB MOM GERRY and OWET DAUGHTER KAREN

# Association Meet - Canby - April 1-3

N = Breaks listed National Record

Z = Zone Record

O = Oregon

**Women 19-24**

50 Yard Freestyle			
1 Hedlind, Trista	23	THB	26.72
2 Graybeal, Corrin	23	PEND	31.17
100 Yard Freestyle			
1 Hedlind, Trista	23	THB	58.70
2 Graybeal, Corrin	23	PEND	1:10.12
200 Yard Freestyle			
1 Hedlind, Trista	23	THB	2:06.48
500 Yard Freestyle			
1 Denton, Elsie	19	CGM	7:27.42
50 Yard Backstroke			
1 Graybeal, Corrin	23	PEND	36.93
50 Yard Breaststroke			
1 Graybeal, Corrin	23	PEND	43.30
100 Yard Breaststroke			
1 Denton, Elsie	19	CGM	1:32.64
200 Yard Breaststroke			
1 Denton, Elsie	19	CGM	3:24.69
100 Yard Butterfly			
1 Hedlind, Trista	23	THB	1:06.29
2 Denton, Elsie	19	CGM	1:27.37
100 Yard IM			
1 Graybeal, Corrin	23	PEND	1:21.22
200 Yard IM			
1 Hedlind, Trista	23	THB	2:22.16
2 Denton, Elsie	19	CGM	3:02.48

**Women 25-29**

100 Yard Freestyle			
1 Casey, Anna	28	THB	1:18.93
200 Yard Freestyle			
1 Wald, Sarah	25	THB	2:27.54
500 Yard Freestyle			
1 Wald, Sarah	25	THB	6:34.99
50 Yard Butterfly			
1 Wald, Sarah	25	THB	35.10
2 Casey, Anna	28	THB	44.18
100 Yard Butterfly			
1 Wald, Sarah	25	THB	1:24.31
200 Yard Butterfly			
1 Casey, Anna	28	THB	3:23.27
200 Yard IM			
1 Casey, Anna	28	THB	3:06.49

**Women 30-34**

50 Yard Freestyle			
1 Weeks, Nicole	32	CGM	26.24
100 Yard Freestyle			
1 Ridgway, Darcey	33	PEND	1:04.08
2 Gibbs, Zan	30	THB	1:14.30
3 Himstreet, Julie	34	EA	1:15.99
200 Yard Freestyle			
1 Ridgway, Darcey	33	PEND	2:19.18
2 Wong, Linda	33	NCMS	2:54.14
500 Yard Freestyle			
1 Ridgway, Darcey	33	PEND	6:15.67
2 Wong, Linda	33	NCMS	7:56.82
1650 Yard Freestyle			
1 Wong, Linda	33	NCMS	27:12.83
50 Yard Backstroke			
1 Wildbill, Tania	34	PEND	38.48
100 Yard Backstroke			
1 Himstreet, Julie	34	EA	1:22.48
2 Wildbill, Tania	34	PEND	1:24.76
200 Yard Backstroke			

1 Wildbill, Tania	34	PEND	2:59.81
2 Wong, Linda	33	NCMS	3:57.76
50 Yard Breaststroke			
1 Weeks, Nicole	32	CGM	34.26
2 Gibbs, Zan	30	THB	40.68
3 Himstreet, Julie	34	EA	44.25
100 Yard Breaststroke			
1 Weeks, Nicole	32	CGM	1:16.21
200 Yard Breaststroke			
1 Wong, Linda	33	NCMS	3:50.91
50 Yard Butterfly			
1 Weeks, Nicole	32	CGM	29.23
2 Wildbill, Tania	34	PEND	37.51
100 Yard IM			
1 Weeks, Nicole	32	CGM	1:06.89
2 Ridgway, Darcey	33	PEND	1:15.99
200 Yard IM			
1 Ridgway, Darcey	33	PEND	2:44.58
2 Wildbill, Tania	34	PEND	3:05.46
3 Gibbs, Zan	30	THB	3:08.42

**Women 35-39**

50 Yard Freestyle			
1 Skoss, Rachel	36	THB	31.01
2 Holland, Erin	38	NCMS	31.75
3 Odermott, Kippi	39	GVAM	32.29
4 Shaw, Susan	38	GVAM	33.48
100 Yard Freestyle			
1 Skoss, Rachel	36	THB	1:09.09
2 Shaw, Susan	38	GVAM	1:13.18
3 Odermott, Kippi	39	GVAM	1:15.29
4 Mack, Jaime	38	CGM	1:33.66
200 Yard Freestyle			
1 Holland, Erin	38	NCMS	2:34.86
500 Yard Freestyle			
1 Marsh, Kathy	37	GVAM	7:13.39
2 Mack, Jaime	38	CGM	9:34.25
1000 Yard Freestyle			
1 Skoss, Rachel	36	THB	14:13.37
2 Marsh, Kathy	37	GVAM	14:35.98
50 Yard Backstroke			
1 Odermott, Kippi	39	GVAM	43.54
2 Mack, Jaime	38	CGM	51.15
100 Yard Backstroke			
1 Shaw, Susan	38	GVAM	1:27.79
50 Yard Breaststroke			
1 Kilbourn, Laurie	38	THB	41.66
2 Odermott, Kippi	39	GVAM	45.70
3 Mack, Jaime	38	CGM	46.62
100 Yard Breaststroke			
1 Holland, Erin	38	NCMS	1:27.75
2 Skoss, Rachel	36	THB	1:28.71
3 Kilbourn, Laurie	38	THB	1:31.09
4 Shaw, Susan	38	GVAM	1:32.48
200 Yard Breaststroke			
1 Marsh, Kathy	37	GVAM	3:16.25
2 Mack, Jaime	38	CGM	3:51.97
50 Yard Butterfly			
1 Kilbourn, Laurie	38	THB	33.62
2 Odermott, Kippi	39	GVAM	40.72
100 Yard Butterfly			
1 Kilbourn, Laurie	38	THB	1:18.72
2 Shaw, Susan	38	GVAM	1:32.91
100 Yard IM			
1 Marsh, Kathy	37	GVAM	1:19.14

2 Holland, Erin	38	NCMS	1:23.35
200 Yard IM			
1 Skoss, Rachel	36	THB	2:53.84
2 Marsh, Kathy	37	GVAM	2:58.99

**Women 40-44**

50 Yard Freestyle			
1 Viales, Dianne	43	MHM	28.32
2 Snider, Pam	43	CAT	32.74
3 Clark, Kristen	40	OWET	32.93
100 Yard Freestyle			
1 Squires, Lynn	41	OWET	58.67
2 Viales, Dianne	43	MHM	1:01.01
3 Snider, Pam	43	CAT	1:12.30
200 Yard Freestyle			
1 Viales, Dianne	43	MHM	2:11.52
2 Fox, Christina	44	CAT	2:42.53
3 Clark, Kristen	40	OWET	2:49.65
4 Deaustria, Janet	43	OWET	3:02.02
1000 Yard Freestyle			
1 Thalman, Danielle	42	RVM	17:29.27
50 Yard Backstroke			
1 Deaustria, Janet	43	OWET	47.28
100 Yard Backstroke			
1 Fox, Christina	44	CAT	1:19.10
200 Yard Backstroke			
1 Fox, Christina	44	CAT	2:50.37
50 Yard Breaststroke			
1 Squires, Lynn	41	OWET	36.20
2 Thimm, Jeanne	41	OWET	38.48
3 Snider, Pam	43	CAT	41.35
4 Thalman, Danielle	42	RVM	42.25
100 Yard Breaststroke			
1 Snider, Pam	43	CAT	1:29.31
2 Thalman, Danielle	42	RVM	1:30.56
200 Yard Breaststroke			
1 Fox, Christina	44	CAT	3:17.33
2 Thalman, Danielle	42	RVM	3:18.72
50 Yard Butterfly			
1 Squires, Lynn	41	OWET	31.33
2 Thimm, Jeanne	41	OWET	31.54
3 Viales, Dianne	43	MHM	32.44
100 Yard IM			
1 Snider, Pam	43	CAT	1:19.44
2 Fox, Christina	44	CAT	1:23.14
200 Yard IM			
1 Viales, Dianne	43	MHM	2:36.03
<b>Women 45-49</b>			
50 Yard Freestyle			
1 Andrus-Hughes, K	47	OWET	26.13
2 Buck, Donna	46	CAT	28.06
3 Vincent, Nancy	45	GVAM	29.23
100 Yard Freestyle			
1 Andrus-Hughes, K	47	OWET	57.90
2 Sweat, Mary	47	COMA	1:04.08
3 Snyder, Lynn	48	CWY	1:16.51
4 Miles, Carole	49	MHM	1:29.89
5 McGill, Linda	48	THB	1:50.64
500 Yard Freestyle			
1 Sweat, Mary	47	COMA	5:52.88
2 Vincent, Nancy	45	GVAM	6:42.73
1000 Yard Freestyle			
1 Welborn, Jody	49	OWET	14:22.54
2 Eckert-Mason, K.	47	CAT	14:45.62
<b>Split-Mary Sweat</b>	<b>47</b>	<b>COMA</b>	<b>11:59.40 Z</b>



## 1650 Yard Freestyle

**1 Sweat, Mary 47 COMA 19:42.81 Z**

## 50 Yard Backstroke

1 Andrus-Hughes, K 47 OWET 29.66

2 Buck, Donna 46 CAT 34.23

3 Goodman, Ann 45 CGM 34.67

4 Miles, Carole 49 MHM 50.37

5 McGill, Linda 48 THB 1:02.09

## 100 Yard Backstroke

1 Andrus-Hughes, K 47 OWET 1:04.60

2 Goodman, Ann 45 CGM 1:13.47

3 Snyder, Lynn 48 CWY 1:26.46

4 McGill, Linda 48 THB 2:38.55

## 200 Yard Backstroke

1 Goodman, Ann 45 CGM 2:40.14

## 50 Yard Breaststroke

1 Vincent, Nancy 45 GVAM 38.27

2 Snyder, Lynn 48 CWY 43.95

3 Miles, Carole 49 MHM 48.79

4 McGill, Linda 48 THB 52.15

## 100 Yard Breaststroke

1 Vincent, Nancy 45 GVAM 1:22.84

2 Miles, Carole 49 MHM 1:46.67

## 200 Yard Breaststroke

1 Vincent, Nancy 45 GVAM 3:00.05

2 Welborn, Jody 49 OWET 3:36.59

## 50 Yard Butterfly

1 Worden, Laura 47 CAT 30.40

## 100 Yard Butterfly

1 Worden, Laura 47 CAT 1:09.82

## 100 Yard IM

1 Andrus-Hughes, K 47 OWET 1:06.74

2 Worden, Laura 47 CAT 1:14.12

3 Buck, Donna 46 CAT 1:14.26

4 Goodman, Ann 45 CGM 1:15.33

## 200 Yard IM

1 Worden, Laura 47 CAT 2:39.65

2 Sweat, Mary 47 COMA 2:41.81

3 Welborn, Jody 49 OWET 3:14.58

## 400 Yard IM

1 Worden, Laura 47 CAT 5:39.96

2 Goodman, Ann 45 CGM 6:01.14

**Women 50-54**

## 50 Yard Freestyle

1 Thompson, Carolyn 52 PEND 36.32

2 Winton, Leslie 50 THB 37.30

3 Sanders, Susan 50 NCMS 41.05

## 100 Yard Freestyle

1 Downey, Barbara 50 NCMS 1:13.70

2 Milner, Nancy 53 MHM 1:20.80

3 Winton, Leslie 50 THB 1:26.11

## 200 Yard Freestyle

1 Asleson, Elke 53 ALB 2:50.55

## 500 Yard Freestyle

1 Budd, Elizabeth 51 CAT 6:37.54

2 Toole, Peggy 52 THB 7:40.36

## 1000 Yard Freestyle

1 Toole, Peggy 52 THB 15:48.13

2 Sanders, Susan 50 NCMS 17:55.78

## 1650 Yard Freestyle

1 Milner, Nancy 53 MHM 25:40.53

## 50 Yard Backstroke

1 Downey, Barbara 50 NCMS 41.05

## 50 Yard Breaststroke

1 Downey, Barbara 50 NCMS 42.06

2 Milner, Nancy 53 MHM 46.71

3 Winton, Leslie 50 THB 47.92

4 Thompson, Carolyn 52 PEND 49.39

## 100 Yard Breaststroke

1 Downey, Barbara 50 NCMS 1:33.52

## 50 Yard Butterfly

1 Budd, Elizabeth 51 CAT 35.25

2 Asleson, Elke 53 ALB 37.27

3 Milner, Nancy 53 MHM 41.59

4 Winton, Leslie 50 THB 42.63

5 Toole, Peggy 52 THB 43.21

6 Thompson, Carolyn 52 PEND 51.46

## 100 Yard Butterfly

1 Budd, Elizabeth 51 CAT 1:22.03

2 Asleson, Elke 53 ALB 1:24.88

3 Toole, Peggy 52 THB 1:37.82

## 100 Yard IM

1 Budd, Elizabeth 51 CAT 1:20.24

2 Downey, Barbara 50 NCMS 1:25.47

3 Winton, Leslie 50 THB 1:36.07

4 Thompson, Carolyn 52 PEND 1:37.79

## 200 Yard IM

1 Budd, Elizabeth 51 CAT 2:49.23

2 Asleson, Elke 53 ALB 3:06.90

3 Milner, Nancy 53 MHM 3:22.16

**Women 55-59**

## 50 Yard Freestyle

1 Rousseau, Sandi 57 CGM 32.21

2 Sacks, Lynn 59 RVM 42.10

## 100 Yard Freestyle

1 Rousseau, Sandi 57 CGM 1:12.49

2 Sacks, Lynn 59 RVM 1:36.13

## 200 Yard Freestyle

1 Sacks, Lynn 59 RVM 3:32.70

## 500 Yard Freestyle

1 Staley, Darlene 55 THB 7:06.25

2 Jenkins, Tam 56 OWET 7:53.84

3 Sacks, Lynn 59 RVM 9:17.35

## 1000 Yard Freestyle

1 Staley, Darlene 55 THB 14:42.10

2 Jenkins, Tam 56 OWET 16:19.25

## 50 Yard Backstroke

1 Rousseau, Sandi 57 CGM 41.20

## 100 Yard Backstroke

1 Rousseau, Sandi 57 CGM 1:29.95

## 50 Yard Breaststroke

1 Pierson, Ginger 59 MACO 38.74

## 100 Yard Breaststroke

1 Pierson, Ginger 59 MACO 1:26.08

## 200 Yard Breaststroke

1 Pierson, Ginger 59 MACO 3:09.83

## 50 Yard Butterfly

1 Rousseau, Sandi 57 CGM 35.46

## 100 Yard Butterfly

1 Pierson, Ginger 59 MACO 1:28.81

## 200 Yard Butterfly

1 Staley, Darlene 55 THB 3:06.17

2 Pierson, Ginger 59 MACO 3:06.37

## 400 Yard IM

1 Staley, Darlene 55 THB 6:23.40

**Women 60-64**

## 50 Yard Freestyle

1 Frid, Barbara 62 THB 32.03

2 Haynie, Sandra 60 CGM 58.15

## 100 Yard Freestyle

1 Frid, Barbara 62 THB 1:12.38

2 Sitter, Darby 61 THB 1:54.71

## 200 Yard Freestyle

1 Haynie, Sandra 60 CGM 4:47.04

## 500 Yard Freestyle

1 Himstreet, Pam 61 COMA 8:25.89

## 50 Yard Backstroke

1 Ward, Joy 62 OWET 37.02

2 Frid, Barbara 62 THB 38.64

3 Haynie, Sandra 60 CGM 1:09.10

## 100 Yard Backstroke

1 Ward, Joy 62 OWET 1:21.51

2 Frid, Barbara 62 THB 1:26.86

3 Himstreet, Pam 61 COMA 1:50.71

4 Sitter, Darby 61 THB 2:13.38

## 200 Yard Backstroke

1 Ward, Joy 62 OWET 2:51.85

## 50 Yard Breaststroke

1 Himstreet, Pam 61 COMA 49.83

2 Sitter, Darby 61 THB 1:07.18

## 100 Yard Breaststroke

1 Frid, Barbara 62 THB 1:33.00

## 200 Yard Breaststroke

1 Himstreet, Pam 61 COMA 3:44.53

## 50 Yard Butterfly

1 Ward, Joy 62 OWET 33.93

2 Sitter, Darby 61 THB 1:01.09

## 200 Yard IM

1 Himstreet, Pam 61 COMA 3:36.80

2 Sitter, Darby 61 THB 4:41.16

**Women 65-69**

## 100 Yard Freestyle

1 Schumann, Susanne 67 MACO 1:25.64

2 Lance, Sherin 69 NCMS 1:49.65

## 50 Yard Backstroke

1 Lance, Sherin 69 NCMS 1:02.29

## 100 Yard Backstroke

1 Lance, Sherin 69 NCMS 2:11.48

## 50 Yard Breaststroke

1 Schumann, Susanne 67 MACO 47.42

2 Lance, Sherin 69 NCMS 1:12.93

## 200 Yard Breaststroke

1 Schumann, Susanne 67 MACO 3:47.57

**Women 70-74**

## 50 Yard Freestyle

1 Kawabata, Geraldine 70 THB 49.15

## 100 Yard Freestyle

1 Kawabata, Geraldine 70 THB 1:52.34

## 50 Yard Backstroke

1 Kawabata, Geraldine 70 THB 1:01.26

## 100 Yard Backstroke

1 Kawabata, Geraldine 70 THB 2:10.52

## 100 Yard Breaststroke

1 Kawabata, Geraldine 70 THB 2:22.62

**Women 75-79**

## 50 Yard Freestyle

1 Hughes, Kathleen 78 THB 58.56

## 200 Yard Freestyle

1 Hughes, Kathleen 78 THB 4:36.70

## 500 Yard Freestyle

1 Wells, Margaret 79 SCC 13:33.03

## 1650 Yard Freestyle

1 Wells, Margaret 79 SCC 45:52.05

## 50 Yard Backstroke

1 Hughes, Kathleen 78 THB 1:19.37

## 100 Yard Breaststroke

1 Wells, Margaret 79 SCC 3:12.87

## 200 Yard Breaststroke

1 Wells, Margaret 79 SCC 6:45.24

## 400 Yard IM

1 Wells, Margaret 79 SCC 12:11.48

**Women 80-84**

## 50 Yard Freestyle

1 Stangel, Pauline 83 CAT 57.26

## 500 Yard Freestyle

1 Stevenin, Elfie 83 THB 18:27.54

## 1000 Yard Freestyle

<b>1 Stangel, Pauline</b>	<b>83</b>	<b>CAT25:39.47 Z</b>	2 August, Brian	34	THB	25.39	1 Anspach, Jeffrey	44	OWET	5:54.32
50 Yard Backstroke			200 Yard Butterfly				50 Yard Backstroke			
1 Stevenin, Elfie	83	THB 1:31.01	1 August, Brian	34	THB	2:12.41	1 Butcher, Gano	41	OWET	28.83
50 Yard Breaststroke			200 Yard IM				100 Yard Backstroke			
1 Stangel, Pauline	83	CAT 1:11.85	1 Swain, Sean	34	THB	2:07.33	1 Butcher, Gano	41	OWET	1:01.96
100 Yard Breaststroke			2 Price, Kennedy	32	THB	2:22.81	200 Yard Backstroke			
1 Stangel, Pauline	83	CAT 2:34.84	<b>Men 35-39</b>				1 Butcher, Gano	41	OWET	2:18.41
200 Yard Breaststroke			50 Yard Freestyle				50 Yard Breaststroke			
<b>1 Stangel, Pauline</b>	<b>83</b>	<b>CAT 5:42.14 O</b>	1 Hackley, Jeff	36	THB	23.74	1 Gaarder, Chris	40	OWET	31.25
50 Yard Butterfly			2 Hibler, Kelly	38	THB	24.05	2 Fischer, Keith	42	OWET	33.95
1 Stevenin, Elfie	83	THB 2:26.32	3 Kohlmeier, Scott	37	RVM	27.55	3 Curran, Patrick	43	OWET	35.45
100 Yard Butterfly			4 Class, Darrin	39	MHM	27.73	100 Yard Breaststroke			
1 Stevenin, Elfie	83	THB 5:14.86	100 Yard Freestyle				1 Gaarder, Chris	40	OWET	1:09.73
200 Yard Butterfly			1 Hibler, Kelly	38	THB	52.55	2 Fischer, Keith	42	OWET	1:14.64
1 Stevenin, Elfie	83	THB 11:43.61	2 Mccomish, John	39	OWET	52.66	3 Boone, Lou	43	NCMS	1:22.65
<b>Men 19-24</b>			3 Hackley, Jeff	36	THB	54.09	4 Cox, Chris	43	THB	1:28.60
50 Yard Freestyle			4 Griffin, Steven	36	THB	59.13	200 Yard Breaststroke			
1 Cleary, Kevin	21	THB 25.11	5 Kohlmeier, Scott	37	RVM	59.93	1 Gaarder, Chris	40	OWET	2:37.75
100 Yard Freestyle			6 Karyukin, Andrei	39	THB	1:02.00	50 Yard Butterfly			
1 Johnsen, Nathan	24	THB 51.49	7 Blouin, Pierre	38	THB	1:05.65	1 Christensen, Douglas	42	THB	25.69
2 Graybeal, Jason	23	PEND 1:05.43	200 Yard Freestyle				2 Butcher, Gano	41	OWET	26.55
50 Yard Backstroke			1 Hibler, Kelly	38	THB	1:55.74	3 Stewart, Doug	41	SOM	27.62
1 Johnsen, Nathan	24	THB 26.69	2 Griffin, Steven	36	THB	2:11.68	4 Fischer, Keith	42	OWET	30.50
100 Yard Backstroke			500 Yard Freestyle				100 Yard Butterfly			
1 Johnsen, Nathan	24	THB 57.02	1 Peters, Keith	39	OWET	5:24.88	1 Christensen, Douglas	42	THB	58.16
50 Yard Butterfly			2 Hackley, Jeff	36	THB	5:38.40	2 Cox, Chris	43	THB	1:20.60
1 Johnsen, Nathan	24	THB 25.69	1000 Yard Freestyle				100 Yard IM			
2 Cleary, Kevin	21	THB 27.15	1 Hackley, Jeff	36	THB	11:54.42	1 Christensen, Douglas	42	THB	1:00.52
3 Graybeal, Jason	23	PEND 36.97	1650 Yard Freestyle				2 Gaarder, Chris	40	OWET	1:05.64
100 Yard Butterfly			1 Deaustria, D.J.	37	OWET	24:39.37	3 Fischer, Keith	42	OWET	1:08.82
1 Cleary, Kevin	21	THB 59.39	50 Yard Backstroke				4 Boone, Lou	43	NCMS	1:15.38
200 Yard Butterfly			1 Kohlmeier, Scott	37	RVM	31.25	5 Cox, Chris	43	THB	1:21.30
1 Cleary, Kevin	21	THB 2:18.68	100 Yard Backstroke				200 Yard IM			
100 Yard IM			1 Mccomish, John	39	OWET	1:02.21	1 Christensen, Douglas	42	THB	2:15.04
1 Johnsen, Nathan	24	THB 58.75	2 Kohlmeier, Scott	37	RVM	1:08.39	2 Mirho, Charles	41	THB	2:20.06
<b>Men 25-29</b>			3 Blouin, Pierre	38	THB	1:17.48	3 Gaarder, Chris	40	OWET	2:30.99
50 Yard Freestyle			50 Yard Breaststroke				4 Curran, Patrick	43	OWET	2:37.78
1 Vannatta, Jeff	25	PEND 26.00	1 Blouin, Pierre	38	THB	37.17	400 Yard IM			
100 Yard Freestyle			100 Yard Breaststroke				1 Butcher, Gano	41	OWET	5:00.14
1 Vannatta, Jeff	25	PEND 1:02.47	1 Karyukin, Andrei	39	THB	1:19.27	2 Christensen, Douglas	42	THB	5:01.48
50 Yard Backstroke			50 Yard Butterfly				3 Anspach, Jeffrey	44	OWET	5:08.07
1 Vannatta, Jeff	25	PEND 31.55	1 Mccomish, John	39	OWET	25.59	<b>Men 45-49</b>			
100 Yard IM			2 Hibler, Kelly	38	THB	27.03	50 Yard Freestyle			
1 Vannatta, Jeff	25	PEND 1:12.25	3 Griffin, Steven	36	THB	29.58	1 Dow, Keith	49	NCMS	26.23
<b>Men 30-34</b>			4 Karyukin, Andrei	39	THB	29.82	2 Koch, Steve	48	GVAM	27.12
50 Yard Freestyle			100 Yard Butterfly				3 Bergstrom, Robert	48	MHM	27.41
1 Taylor, Curtis	33	THB 21.88	1 Griffin, Steven	36	THB	1:06.44	100 Yard Freestyle			
100 Yard Freestyle			2 Karyukin, Andrei	39	THB	1:08.48	1 Dow, Keith	49	NCMS	58.34
1 Taylor, Curtis	33	THB 48.26	3 Class, Darrin	39	MHM	1:16.40	2 Wren, Mark	46	OWET	58.68
2 Swain, Sean	34	THB 50.68	100 Yard IM				3 Kopp, Kurt	45	THB	59.99
3 August, Brian	34	THB 51.78	1 Karyukin, Andrei	39	THB	1:11.18	4 Downing, Greg	46	CBAT	1:00.26
4 Price, Kennedy	32	THB 57.66	200 Yard IM				5 Bergstrom, Robert	48	MHM	1:01.36
200 Yard Freestyle			1 Peters, Keith	39	OWET	2:08.67	6 Brunner, Theodore	49	THB	1:03.14
1 Taylor, Curtis	33	THB 1:47.52	400 Yard IM				7 Bragg III, Robin	45	NCMS	1:19.26
2 Swain, Sean	34	THB 1:49.69	1 Griffin, Steven	36	THB	5:39.79	200 Yard Freestyle			
3 Price, Kennedy	32	THB 2:04.68	<b>Men 40-44</b>				1 Wren, Mark	46	OWET	2:12.04
500 Yard Freestyle			50 Yard Freestyle				2 Dow, Keith	49	NCMS	2:13.89
1 Swain, Sean	34	THB 5:06.65	1 Boone, Lou	43	NCMS	27.58	3 Brunner, Theodore	49	THB	2:16.82
2 Price, Kennedy	32	THB 5:27.09	2 Fischer, Keith	42	OWET	27.71	4 Bragg III, Robin	45	NCMS	2:51.81
1000 Yard Freestyle			3 Cox, Chris	43	THB	32.31	500 Yard Freestyle			
1 August, Brian	34	THB 10:53.81	100 Yard Freestyle				1 Ramsey, Ed	48	THB	5:54.77
2 Price, Kennedy	32	THB 11:03.58	1 Mirho, Charles	41	THB	53.97	2 Downing, Greg	46	CBAT	6:00.90
100 Yard Backstroke			2 Stewart, Doug	41	SOM	55.84	3 Dow, Keith	49	NCMS	6:20.59
1 August, Brian	34	THB 1:01.49	3 Curran, Patrick	43	OWET	59.96	4 Bragg III, Robin	45	NCMS	7:46.76
50 Yard Breaststroke			4 Boone, Lou	43	NCMS	1:03.27	1000 Yard Freestyle			
1 Taylor, Curtis	33	THB 28.92	200 Yard Freestyle				1 Ramsey, Ed	48	THB	12:06.04
50 Yard Butterfly			1 Anspach, Jeffrey	44	OWET	2:08.71	2 Wren, Mark	46	OWET	12:38.30
1 Taylor, Curtis	33	THB 24.78	500 Yard Freestyle				1650 Yard Freestyle			

1 Munro, Stuart	47	MACO	21:31.87	1000 Yard Freestyle				500 Yard Freestyle			
2 Bergstrom, Robert	48	MHM	21:45.06	1 Kevan, Stephen	50	EA	12:10.28	1 Cronin, Jed	56	THB	6:06.23
3 Dow, Keith	49	NCMS	22:00.86	2 Toole, Chris	53	THB	14:16.55	2 Gray, Daniel	59	RVM	7:29.25
4 Bragg III, Robin	45	NCMS	26:45.59	1650 Yard Freestyle				1000 Yard Freestyle			
50 Yard Backstroke				1 Schwetz, James	54	GVAM	24:42.42	1 Teisher, Jim	55	THB	13:09.43
1 Koch, Steve	48	GVAM	38.48	50 Yard Backstroke				2 Lambert, Roy	58	THB	14:27.26
2 Neubert, Mark	47	NCMS	40.73	1 Darnell, Stephen	51	GVAM	37.81	3 Gray, Daniel	59	RVM	15:44.35
100 Yard Backstroke				2 Brunhoff, Todd	52	THB	39.69	50 Yard Backstroke			
1 Bragg III, Robin	45	NCMS	1:54.34	100 Yard Backstroke				1 Stout, Jon	58	THB	31.14
200 Yard Backstroke				1 Darnell, Stephen	51	GVAM	1:24.87	2 Smith, Ken	57	NCMS	39.39
1 Ramsey, Ed	48	THB	2:32.66	2 Brunhoff, Todd	52	THB	1:31.47	3 Carriker, Buz	57	MHM	43.48
50 Yard Breaststroke				3 Butler, James	52	THB	1:44.52	100 Yard Backstroke			
1 Allender, Pat	46	CAT	30.44	200 Yard Backstroke				1 Stout, Jon	58	THB	1:10.50
2 Kopp, Kurt	45	THB	34.96	1 Darnell, Stephen	51	GVAM	3:13.97	2 Smith, Ken	57	NCMS	1:22.24
3 Fairhurst, Jon	46	GVAM	35.81	50 Yard Breaststroke				200 Yard Backstroke			
100 Yard Breaststroke				1 Philbrick, Larry	52	SCC	31.40	1 Gray, Daniel	59	RVM	3:36.47
1 Allender, Pat	46	CAT	1:05.39	2 Alvarez, Russ	53	OWET	32.76	50 Yard Breaststroke			
2 Fairhurst, Jon	46	GVAM	1:18.54	3 Wallis, Gary	52	THB	33.40	1 Stark, Allen	56	FISH	31.41
3 Neubert, Mark	47	NCMS	1:21.37	4 Sherwood, Reggie	53	CGM	40.13	2 Adams, Douglas	55	FISH	32.58
200 Yard Breaststroke				5 Darnell, Stephen	51	GVAM	41.92	3 Lambert, Roy	58	THB	36.91
1 Allender, Pat	46	CAT	2:24.08	6 Minter, Richard	52	THB	44.29	100 Yard Breaststroke			
2 Fairhurst, Jon	46	GVAM	2:51.10	100 Yard Breaststroke				1 Stark, Allen	56	FISH	1:09.93
3 Munro, Stuart	47	MACO	2:59.83	1 Wallis, Gary	52	THB	1:12.44	2 Lambert, Roy	58	THB	1:17.94
4 Neubert, Mark	47	NCMS	3:02.00	2 Alvarez, Russ	53	OWET	1:14.57	3 Stout, Jon	58	THB	1:21.29
50 Yard Butterfly				3 Toole, Chris	53	THB	1:27.22	4 Carriker, Buz	57	MHM	1:28.93
1 Wren, Mark	46	OWET	29.29	4 Minter, Richard	52	THB	1:34.20	200 Yard Breaststroke			
2 Kopp, Kurt	45	THB	29.74	5 Darnell, Stephen	51	GVAM	1:35.45	1 Stark, Allen	56	FISH	2:38.58
3 Downing, Greg	46	CBAT	29.96	200 Yard Breaststroke				2 Lambert, Roy	58	THB	2:55.15
4 Bergstrom, Robert	48	MHM	32.80	1 Wallis, Gary	52	THB	2:38.98	3 Gray, Daniel	59	RVM	4:10.09
100 Yard Butterfly				2 Philbrick, Larry	52	SCC	2:42.79	50 Yard Butterfly			
1 Allender, Pat	46	CAT	58.63	3 Toole, Chris	53	THB	3:11.36	1 Johnson, Steve	57	EA	28.95
2 Brunner, Theodore	49	THB	1:15.01	4 Sherwood, Reggie	53	CGM	3:15.59	2 Cronin, Jed	56	THB	29.32
3 Fairhurst, Jon	46	GVAM	1:21.28	5 Minter, Richard	52	THB	3:30.27	3 Silvey, Michael	59	CWY	32.34
200 Yard Butterfly				50 Yard Butterfly				4 Carriker, Buz	57	MHM	36.73
1 Munro, Stuart	47	MACO	2:41.54	1 Yensen, Kermit	51	THB	29.11	100 Yard Butterfly			
100 Yard IM				2 Alvarez, Russ	53	OWET	30.10	1 Cronin, Jed	56	THB	1:07.85
1 Fairhurst, Jon	46	GVAM	1:14.29	3 Cecil, Patrick	50	THB	37.64	2 Rueff, Daniel	57	THB	1:12.10
2 Bergstrom, Robert	48	MHM	1:15.06	4 Toole, Chris	53	THB	38.64	3 Stark, Allen	56	FISH	1:12.59
3 Koch, Steve	48	GVAM	1:16.04	100 Yard Butterfly				4 Silvey, Michael	59	CWY	1:15.77
4 Neubert, Mark	47	NCMS	1:22.11	1 Yensen, Kermit	51	THB	1:05.37	200 Yard Butterfly			
200 Yard IM				1 Yensen, Kermit	51	THB	2:51.72	1 Rueff, Daniel	57	THB	2:49.21
1 Downing, Greg	46	CBAT	2:29.87	2 Cecil, Patrick	50	THB	3:18.16	100 Yard IM			
2 Ramsey, Ed	48	THB	2:30.58	100 Yard IM				1 Rueff, Daniel	57	THB	1:11.78
3 Brunner, Theodore	49	THB	2:42.68	1 Wallis, Gary	52	THB	1:06.41	2 Carriker, Buz	57	MHM	1:20.14
4 Munro, Stuart	47	MACO	2:43.70	2 Roney, Kevin	50	THB	1:10.59	200 Yard IM			
5 Neubert, Mark	47	NCMS	3:03.65	200 Yard IM				1 Adams, Douglas	55	FISH	2:29.01
400 Yard IM				1 Kevan, Stephen	50	EA	2:17.89	2 Silvey, Michael	59	CWY	2:55.00
1 Downing, Greg	46	CBAT	5:19.50	2 Philbrick, Larry	52	SCC	2:19.24	400 Yard IM			
2 Ramsey, Ed	48	THB	5:36.13	3 Wallis, Gary	52	THB	2:27.18	1 Rueff, Daniel	57	THB	5:43.83
3 Munro, Stuart	47	MACO	5:58.00	4 Roney, Kevin	50	THB	2:34.11	<b>Men 60-64</b>			
<b>Men 50-54</b>				<b>Men 55-59</b>				50 Yard Freestyle			
50 Yard Freestyle				50 Yard Freestyle				1 Philipps, Frank	62	RVM	28.01
1 Alvarez, Russ	53	OWET	27.52	1 Stout, Jon	58	THB	25.82	100 Yard Freestyle			
2 Brunhoff, Todd	52	THB	32.79	2 Stark, Allen	56	FISH	26.85	1 Philipps, Frank	62	RVM	1:03.48
100 Yard Freestyle				3 Silvey, Michael	59	CWY	28.56	2 Mellow, Bill	63	CGM	1:18.95
1 Kevan, Stephen	50	EA	55.47	4 Smith, Ken	57	NCMS	29.50	200 Yard Freestyle			
2 Yensen, Kermit	51	THB	58.67	5 Lambert, Roy	58	THB	29.92	1 Smith, Robert	61	FISH	2:17.52
3 Roney, Kevin	50	THB	58.96	100 Yard Freestyle				500 Yard Freestyle			
4 Brunhoff, Todd	52	THB	1:14.55	1 Stout, Jon	58	THB	58.00	1 Philipps, Frank	62	RVM	6:56.18
5 Sherwood, Reggie	53	CGM	1:14.87	2 Prentice, Douglas	56	FISH	59.66	2 Mellow, Bill	63	CGM	8:09.58
6 Butler, James	52	THB	1:21.69	3 Cronin, Jed	56	THB	1:00.03	1000 Yard Freestyle			
200 Yard Freestyle				4 Rueff, Daniel	57	THB	1:00.97	1 Juhala, Richard	61	NCMS	17:44.98
1 Kevan, Stephen	50	EA	2:00.69	5 Carriker, Buz	57	MHM	1:06.11	200 Yard Backstroke			
2 Yensen, Kermit	51	THB	2:09.96	6 Silvey, Michael	59	CWY	1:07.92	1 Smith, Robert	61	FISH	2:34.94
3 Roney, Kevin	50	THB	2:13.99	7 Smith, Ken	57	NCMS	1:07.99	2 Juhala, Richard	61	NCMS	3:52.00
4 Butler, James	52	THB	3:17.33	200 Yard Freestyle				50 Yard Breaststroke			
500 Yard Freestyle				1 Smith, Ken	57	NCMS	2:39.53	1 Philipps, Frank	62	RVM	36.21
1 Roney, Kevin	50	THB	6:19.26	2 Gray, Daniel	59	RVM	2:48.46	2 Mellow, Bill	63	CGM	40.36
2 Toole, Chris	53	THB	6:58.34					100 Yard Breaststroke			





**Large Teams - Tualatin Hills Barracudas**



**Medium Teams - North Clackamas Masters**





**Large Teams - Tualatin Hills Barracudas**



**Small Teams - Pendleton Masters**

1 Juhala, Richard	61	NCMS	1:31.19
2 Mellow, Bill	63	CGM	1:31.72
200 Yard Breaststroke			
<b>1 Smith, Robert</b>	<b>61</b>	<b>FISH</b>	<b>2:46.00 O</b>
2 Mellow, Bill	63	CGM	3:26.80
3 Juhala, Richard	61	NCMS	3:30.74
50 Yard Butterfly			
1 Philipps, Frank	62	RVM	34.17
100 Yard IM			
1 Smith, Robert	61	FISH	1:05.44
400 Yard IM			
1 Juhala, Richard	61	NCMS	7:54.44
<b>Men 65-69</b>			
50 Yard Freestyle			
1 Levak, Tom	66	MACO	30.97
2 Schieltz, Jon	66	THB	40.95
100 Yard Freestyle			
1 Thayer, George	69	COMA	1:10.73
2 Schieltz, Jon	66	THB	1:31.51
500 Yard Freestyle			
1 Petersen, Bert	66	GVAM	7:22.20
1000 Yard Freestyle			
1 Petersen, Bert	66	GVAM	14:46.85
100 Yard Backstroke			
1 Thayer, George	69	COMA	1:22.60
50 Yard Breaststroke			
1 Petersen, Bert	66	GVAM	38.23
2 Nakata, Ronald	65	MHM	38.29
3 Schieltz, Jon	66	THB	53.78
100 Yard Breaststroke			
1 Schieltz, Jon	66	THB	2:02.48
50 Yard Butterfly			
1 Petersen, Bert	66	GVAM	29.18
2 Schieltz, Jon	66	THB	52.04
100 Yard Butterfly			
<b>1 Petersen, Bert</b>	<b>66</b>	<b>GVAM</b>	<b>1:16.15 Z</b>
200 Yard IM			
1 Nakata, Ronald	65	MHM	2:44.57
<b>Men 70-74</b>			
50 Yard Freestyle			
1 Radcliff, David	70	THB	27.24
2 Holman, William	73	NCMS	41.46
3 Kiebertz, Richard	71	THB	59.09
100 Yard Freestyle			
<b>1 Radcliff, David</b>	<b>70</b>	<b>THB</b>	<b>59.60 Z</b>
2 Holman, William	73	NCMS	1:36.33
200 Yard Freestyle			
1 Holman, William	73	NCMS	3:30.88
2 Kiebertz, Richard	71	THB	4:51.33
500 Yard Freestyle			
1 Radcliff, David	70	THB	6:10.54
2 Holman, William	73	NCMS	9:24.70
1000 Yard Freestyle			
<b>1 Radcliff, David</b>	<b>70</b>	<b>THB</b>	<b>12:40.56 Z</b>
2 Holman, William	73	NCMS	19:19.16
50 Yard Backstroke			
1 Marks, Milton	74	MHM	40.14
2 Shaw, Kc	70	THB	43.00
100 Yard Backstroke			
1 Marks, Milton	74	MHM	1:29.45
2 Shaw, Kc	70	THB	1:40.04
200 Yard Backstroke			
1 Shaw, Kc	70	THB	3:44.01
50 Yard Breaststroke			
1 Marks, Milton	74	MHM	39.10
100 Yard Breaststroke			
1 Marks, Milton	74	MHM	1:31.11
2 Kiebertz, Richard	71	THB	2:24.91

200 Yard Breaststroke			
1 Marks, Milton	74	MHM	3:24.35
200 Yard IM			
1 Radcliff, David	70	THB	2:48.82
<b>Men 75-79</b>			
50 Yard Backstroke			
1 Miesen, Lee	77	MACO	46.14
100 Yard Backstroke			
1 Miesen, Lee	77	MACO	1:45.77
50 Yard Breaststroke			
1 Miesen, Lee	77	MACO	45.03
100 Yard Breaststroke			
1 Miesen, Lee	77	MACO	1:49.99
100 Yard IM			
1 Miesen, Lee	77	MACO	1:58.66

**Women 18+ 200 Yard Free Relay**

1 PEND	2:13.11
1) Graybeal, C. 23	2) Thompson, C. 52
3) Wildbill, T. 34	4) Ridgway, D. 33

**Women 18+ 200 Yard Medley Relay**

1 THB	2:18.70
1) Hedlind, T. 23	2) Kilbourn, L. 38
3) Wald, S. 25	4) Skoss, R. 36
2 CGM	2:30.91
1) Rousseau, S. 57	2) Mack, J. 38
3) Weeks, N. 32	4) Denton, E. 19
3 PEND	2:33.22
1) Graybeal, C. 23	2) Ridgway, D. 33
3) Wildbill, T. 34	4) Thompson, C. 52

**Women 25+ 200 Yard Free Relay**

1 NCMS	2:22.64
1) Downey, B. 50	2) Wong, L. 33
3) Sanders, S. 50	4) Holland, E. 38
2 CGM	2:29.52
1) Haynie, S. 60	2) Rousseau, S. 57
3) Goodman, A. 45	4) Weeks, N. 32

**Women 25+ 200 Yard Medley Relay**

1 NCMS	3:34.93
1) Wong, L. 33	2) Lance, S. 69
3) Downey, B. 50	4) Sanders, S. 50

**Women 35+ 200 Yard Free Relay**

1 CAT	2:04.39
1) Worden, L. 47	2) Snider, P. 43
3) Budd, E. 51	4) Buck, D. 46
2 GVAM	2:06.57
1) Shaw, S. 38	2) Odermott, K. 39
3) Marsh, K. 37	4) Vincent, N. 45
3 OWET	2:06.77
1) Deaustria, J. 43	2) Clark, K. 40
3) Ward, J. 62	4) Andrus-Hughes, K. 47

**Women 35+ 200 Yard Medley Relay**

1 OWET	2:11.88
1) Andrus-Hughes, K. 47	2) Squires, L. 41
3) Thimm, J. 41	4) Welborn, J. 49
2 CAT	2:21.31
1) Fox, C. 44	2) Snider, P. 43

3) Worden, L. 47	4) Budd, E. 51
<b>Men 18+ 200 Yard Free Relay</b>	
1 THB	1:31.70
1) Swain, S. 34	2) Johnsen, N. 24
3) Hibler, K. 38	4) Taylor, C. 33
<b>Men 18+ 200 Yard Medley Relay</b>	
<b>1 THB</b>	<b>1:43.40 O</b>
<b>1) Johnsen, N. 24</b>	<b>2) Taylor, C. 33</b>
<b>3) August, B. 34</b>	<b>4) Swain, S. 34</b>
<b>Men 35+ 200 Yard Free Relay</b>	
1 THB	1:49.64
1) Griffin, S. 36	2) Karyukin, A. 39
3) Cox, C. 43	4) Hackley, J. 36
2 NCMS	2:02.19
1) Boone, L. 43	2) Bragg Iii, R. 45
3) Neubert, M. 47	4) Dow, K. 49
<b>Men 35+ 200 Yard Medley Relay</b>	
1 OWET	1:50.64
1) Butcher, G. 41	2) Gaarder, C. 40
3) Mccomish, J. 39	4) Wren, M. 46
2 THB	1:51.52
1) Hibler, K. 38	2) Mirho, C. 41
3) Christensen, D. 42	4) Hackley, J. 36
3 OWET	2:07.45
1) Curran, P. 43	2) Fischer, K. 42
3) Anspach, J. 44	4) Alvarez, R. 53
4 NCMS	2:15.97
1) Smith, K. 57	2) Neubert, M. 47
3) Boone, L. 43	4) Dow, K. 49
<b>Men 45+ 200 Yard Free Relay</b>	
1 THB	1:45.71
1) Ramsey, E. 48	2) Roney, K. 50
3) Wallis, G. 52	4) Yensen, K. 51
2 GVAM	1:54.99
1) Petersen, B. 66	2) Fairhurst, J. 46
3) Darnell, S. 51	4) Koch, S. 48
<b>Men 45+ 200 Yard Medley Relay</b>	
1 GVAM	2:15.14
1) Darnell, S. 51	2) Fairhurst, J. 46
3) Petersen, B. 66	4) Schwetz, J. 54
2 MHM	2:23.12
1) Marks, M. 74	2) Carriker, B. 57
3) Nakata, R. 65	4) Bergstrom, R. 48
<b>Men 55+ 200 Yard Medley Relay</b>	
<b>1 FISH</b>	<b>1:54.43 O</b>
<b>1) Smith, R. 61</b>	<b>2) Stark, A. 56</b>
<b>3) Adams, D. 55</b>	<b>4) Prentice, D. 56</b>
2 THB	2:03.53
1) Stout, J. 58	2) Cronin, J. 56
3) Rueff, D. 57	4) Radcliff, D. 70
<b>Men 65+ 200 Yard Free Relay</b>	
1 THB	2:43.42
1) Radcliff, D. 70	2) Shaw, K. 70
3) Kiebertz, R. 71	4) Schieltz, J. 66
<b>Mixed 18+ 200 Yard Free Relay</b>	
1 THB	1:42.90
1) Johnsen, N. 24	2) Biehl, M. 18
3) Hedlind, T. 23	4) Taylor, C. 33
2 PEND	1:56.32
1) Ridgway, D. 33	2) Graybeal, C. 23
3) Graybeal, J. 23	4) Vannatta, J. 25
<b>Mixed 18+ 200 Yard Medley Relay</b>	
1 THB	1:56.07
1) Johnsen, N. 24	2) Hedlind, T. 23
3) Taylor, C. 33	4) Skoss, R. 36
2 PEND	2:18.32
1) Graybeal, C. 23	2) Ridgway, D. 33
3) Graybeal, J. 23	4) Vannatta, J. 25



**Mixed 18+ 200 Yard Free Relay**

3 CGM	2:09.62
1) Denton, E. 19	2) Mellow, B. 63
3) Sherwood, R. 53	4) Goodman, A. 45

**Mixed 25+ 200 Yard Free Relay**

1 EA	1:54.40
1) Johnson, S. 57	2) Kevan, S. 50
3) Dhom, G. 26	4) Himstreet, J. 34
2 THB	1:56.84
1) August, B. 34	2) Gibbs, Z. 30
3) Casey, A. 28	4) Swain, S. 34
3 NCMS	2:00.81
1) Wong, L. 33	2) Downey, B. 50
3) Dow, K. 49	4) Boone, L. 43

**Mixed 25+ 200 Yard Medley Relay**

1 THB	2:16.37
1) Wald, S. 25	2) Kilbourn, L. 38
3) Griffin, S. 36	4) Karyukin, A. 39
2 NCMS	2:28.44
1) Wong, L. 33	2) Boone, L. 43
3) Holland, E. 38	4) Dow, K. 49

**Mixed 35+ 200 Yard Free Relay**

1 OWET	1:43.70
1) Butcher, G. 41	2) Squires, L. 41
3) Thimm, J. 41	4) Mccomish, J. 39
2 THB	1:50.76
1) Hackley, J. 36	2) Skoss, R. 36
3) Kilbourn, L. 38	4) Hibler, K. 38

**3 GVAM**

1) Petersen, B. 66
3) Vincent, N. 45
4) MHM

**1) Viales, D. 43**

3) Milner, N. 53
5 GVAM
1) Darnell, S. 51
3) Odermott, K. 39
6 RVM
1) Philipps, F. 62
3) Thalman, D. 42

**Mixed 35+ 200 Yard Medley Relay**

1 GVAM	2:18.42
1) Darnell, S. 51	2) Vincent, N. 45
3) Petersen, B. 66	4) Shaw, S. 38
2 GVAM	2:21.46
1) Odermott, K. 39	2) Fairhurst, J. 46
3) Marsh, K. 37	4) Koch, S. 48
3 MHM	2:23.07
1) Viales, D. 43	2) Miles, C. 49
3) Bergstrom, R. 48	4) Class, D. 39
4 RVM	2:37.95
1) Gray, D. 59	2) Thalman, D. 42
3) Kohlmeier, S. 37	4) Sacks, L. 59

**Mixed 45+ 200 Yard Free Relay**

1 OWET	1:51.48
1) Wren, M. 46	2) Andrus-Hughes, K. 47

**1:57.82**

2) Marsh, K. 37
4) Fairhurst, J. 46
2:00.91
2) Bergstrom, R. 48
4) Nakata, R. 65
2:06.51
2) Shaw, S. 38
4) Schwetz, J. 54
2:17.81
2) Sacks, L. 59
4) Kohlmeier, S. 37

**3) Ward, J. 62**

2 MACO
1) Schumann, S. 67
3) Pierson, G. 59
3 NCMS
1) Smith, K. 57
3) Sanders, S. 50

**Mixed 45+ 200 Yard Medley Relay**

1 OWET	2:03.13
1) Andrus-Hughes, K. 47	2) Wren, M. 46
3) Ward, J. 62	4) Alvarez, R. 53
2 NCMS	3:03.19
1) Bragg III, R. 45	2) Downey, B. 50
3) Juhala, R. 61	4) Lance, S. 69

**Mixed 55+ 200 Yard Free Relay**

1 THB	1:57.95
1) Cronin, J. 56	2) Frid, B. 62
3) Staley, D. 55	4) Stout, J. 58

**Mixed 55+ 200 Yard Medley Relay**

1 THB	2:35.14
1) Frid, B. 62	2) Lambert, R. 58
3) Cronin, J. 56	4) Kawabata, G. 70

**Men 25+ 800 Yard Free Relay**

1 THB	7:34.63 O
1) Hibler, K. 38	2) Taylor, C. 33
3) August, B. 34	4) Swain, S. 34

**Team Rankings****Team Scores - Large Teams**

1 Tualatin Hills Barracudas THB	1,322
2 Oregon Wetmasters OWET	424

**Team Scores - Medium Teams**

1 North Clackamas Masters NCMS	353
2 Grass Valley Masters GVAM	287
3 Corvallis Aquatic Masters CAT	232
4 Columbia Gorge Masters CGM	224
5 Mount Hood Masters MHM	184

**Team Scores - Small Teams**

1 Pendleton Masters PEND	186
2 Multnomah Athletic Club MACO	131
3 Rogue Valley Masters RVM	127
4 Fishstick Masters FISH	89
5 Central Oregon Masters COMA	70
6 Emerald Aquatics EA	64
7 Salem Courthouse Crew SCC	52
8 Columbia-Willamette YMCA CWY	30
9 Circumnavigating Beavers CBAT	26
10 Albany Masters ALB	22
11 Southern Oregon Masters SOM	9

**Oregon Record Setters in other Meets**

Kelsey Holmbert	400 IM	SCY	5:04.01 O
Robin Parisi	50 Free	SCY	26.59 Z
Robin Parisi	100 Free	SCY	57.72 Z
Robin Parisi	50 Fly	SCY	28.10 Z
Robin Parisi	100 Fly	SCY	1:03.45 Z
Robin Parisi	100 IM	SCY	1:05.66 Z
Robin Parisi	200 IM	SCY	2:25.25 Z
Catherine Imwalle	100 Free	SCY	1:05.86 O
Catherine Imwalle	200 Free	SCY	2:20.16 Z
Catherine Imwalle	100 IM	SCY	1:13.04 Z
Catherine Imwalle	200 IM	SCY	2:37.42 Z
Joy Ward	200 Back	SCY	2:51.38 Z
Joy Ward	100 Fly	SCY	1:24.55 Z
Peggy Hodge	100 Fly	SCY	1:41.62 O

Hilda Buel	100 Back	SCY	4:30.15 Z
Hilda Buel	100 IM	SCY	5:27.23 Z
Dennis Baker	200 Free	SCY	1:43.69 Z
Doug Christensen	50 Fly	SCY	25.31 O
Pat Allender	200 Breast	SCY	2:16.95 O
Pat Allender	200 IM	SCY	2:08.30 Z
Bob Bruce	200 Back	SCY	2:29.83 O
Bob Bruce	400 IM	SCY	5:14.79 O
Tom Landis	400 IM	SCY	5:30.23 Z
Bert Petersen	100 Fly	SCY	1:10.80 Z
Andrew Holden	50 Free	SCY	35.37 Z
Andrew Holden	50 Fly	SCY	41.99 N
Andrew Holden	100 Fly	SCY	1:51.14 O
Andrew Holden	100 Back	SCM	1:39.90 Z
Andrew Holden	100 Fly	SCM	1:46.01 N

# TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-07

Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

50 meters - 8-9 lanes competition-electronic timing

Continuous warm-up/down in 1-2 lanes

DATE: Saturday, June 4, 2005

See below  
how you can swim the 5K  
after the meet!

**WARM-UPS: 8AM**  
**MEET STARTS: 9AM**

Meet director: Rachel Skoss • 503-644-2622 • skossr@yahoo.com.au

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2005 registration card or 2005 registration form and fee with this form.

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 20, 2005**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

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CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2005 USMS # \_\_\_\_\_

USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_

IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_ Yes \_\_\_\_ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2005. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM AND 800 FREESTYLE WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDS SLOW TO FAST.

## Saturday, June 4, 2005

**800 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* BREAK\***

### **MIXED MEDLEY RELAYS (5-6)**

**100 BACK** (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* BREAK\***

### **FREE RELAYS (11-16)**

**100 BREAST** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FLY** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### **MEDLEY RELAYS (20-23)**

**100 FREE** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### **MIXED FREE RELAYS (27-29)**

**400 IM** (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Stay after the meet and swim the 5K Postal Swim!! The pool will be open for all to swim the 5K. Space is limited to the first 20 people to sign up at the meet. Fee is \$5 if you are swimming in the meet and \$10 if you are not and will be collected at the meet (please do not add it to your meet entry - pay at the pool on June 4, 2005). Bring your own person to count your swim.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

# 2005 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #375-07R

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED OMS MEMBER

Mt. Hood Community College,  
26000 SE Stark, Gresham, Oregon  
8 lanes competition, elec. timing, 1 lane warm-up/down  
Packet pick-up at pool only.

DATE: Saturday & Sunday, July 9 & 10, 2005

**WARM-UPS: 1PM SATURDAY & SUNDAY**  
**MEET STARTS: 2PM SATURDAY & SUNDAY**

Opening Ceremony: Friday, July 8, 2005, Tualatin Hills Recreation Center, 4-9PM. Food, music, raffles, and fun! Parade of Athletes at 7 PM.

Meet Director: Colette Crabbe • Phone 503-762-2429 • E-mail: colettecrabbe@hotmail.com

Meet Hotels: Best Western Inn 23525 NE Halsey 503-491-9700 • Holiday Inn Exp. 1000 NW Graham Rd. 503-492-2900  
Hampton Inn 3039 NE 181st 503-669-7000

AWARDS: T-SHIRTS FOR ALL ENTRANTS • MEDALS FOR 1ST 2ND & 3RD PLACES (EXTRA CHARGE FOR RELAY AWARDS, \$1.50)

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

**ENTRY DEADLINE: RECEIVED BY FRIDAY, JUNE 24, 2005**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

Use this entry form or register on-line at [www.stategamesoforegon.org](http://www.stategamesoforegon.org)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2005 USMS # (IF A MEMBER) \_\_\_\_\_

USMS CLUB (OREG OR MACO) \_\_\_\_\_

IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_\_ YES \_\_\_\_\_ NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE BY DEC. 31ST, 2005. DISABLED SWIMMERS MAY ENTER AS "DISABLED" AND BE TREATED AS A SEPARATE AGE GROUP CATEGORY FOR AWARDS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDS SLOW TO FAST.

## Saturday, July 9, 2005

**400 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**200 IM** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

## **MIXED MEDLEY RELAYS (6-7)**

**50 BREAST** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## **FREE RELAYS (11-16)**

\*\*\*break\*\*\*

**1500 FREE** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## Sunday, July 10, 2005

**400 IM** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

## **MIXED FREE RELAYS (22-24)**

**50 FLY** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

## **MEDLEY RELAYS (28-31)**

**800 FREE** (32) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

I am a disabled swimmer and wish to enter the meet in this special category. \_\_\_\_\_ (check if appropriate)

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his/her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage of property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

Meet Entry (\$18 for first 2 events)

\$18.00

\$5 for each additional event

(limit of 6 individual events and no more than 5 events in one day)

Total enclosed

T-SHIRT SIZE: (CIRCLE ONE)

SMALL MEDIUM LARGE X-LARGE

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON  
4840 SW WESTERN AVENUE, SUITE 900, BEAVERTON, OREGON 97005**



## Foster Lake Masters Open Water Swim

Saturday, June 25, 2005

### 1000 or 2000-meter Swim and 4 x 400 Relay

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming #375-OW1

Operating under Special Permit from the Linn County Parks & Recreation Commission and the U.S. Army Corps of Engineers

**1000 & 2000-METER SWIMS:** Both swims will be held simultaneously on a 1000-meter course. Swims will start in-water with a mass start and finish on land. Great for first time racers and experienced competitors alike!

**4 x 400 PURSUIT RELAY:** All swimmers who complete either the 1000 or 2000-meter swim are eligible for and strongly encouraged to swim in the 4 x 400 Pursuit Relay. Relay teams will be decided by random draw, handicapped according to performance in the 1000 or 2000-meter swim, and staggered at the start by the handicap. The first team across the line wins! Relay will start and finish on land.

**SCHEDULE:** Saturday, June 25, 2005

9:00am	Check-in for 1000 & 2000-meter Swims
9:50am	Pre-race meeting
10:00am	1000 & 2000-meter Swims
11:00am	Check-in deadline for relays
11:20am	Pre-race meeting
11:30am	4 x 400 Pursuit Relay
12:15pm	Awards

**SITE:** Lewis Creek Recreation Area, a beautiful Linn County Park featuring swimming & picnicking areas. Take U.S. Highway 20 2.2 miles east of the Weyerhauser Mill in Sweet Home. Drive 1.2 miles north on Quartzville Scenic Highway, turn left on N. River Rd., and drive .8 miles to the Recreation Area. Turn left at the entrance and park in the upper lot. Day parking costs \$3 per car, payable on site.

Dogs must be on at leash at all times and owners must pick up after them. Foster Lake expected water temperature is 68-72 deg. F.

**REGISTRATION & FEES:** Fees include swims and pre-swim snack. Lunch will not be provided. Restaurants in are

1000 or 2000-meter Swim	\$20
Late or day-of-swim registration	\$10 extra
4 x 400 Pursuit Relay	Free

Cheap Entry Deadline: Mailed by June 15, 2005.

**RULES:** Current United States Masters Swimming rules apply. Swimmers must be registered members of USMS—One Event or Full Memberships may be purchased with your entry for \$15 or \$38 respectively. Swimmers wearing wetsuits will be in a separate category for results & awards in the 1000 & 2000-meter swims; no separate category for the Relay. Propulsive devices (such as fins & paddles) & flotation aids (such as pull-buoys) are not allowed. All swimmers must bring and wear their own brightly colored swim cap and have their race number written on their arms or hands.

**AWARDS:** All finishers, wetsuit & non-wetsuit, will receive commemorative race awards. Relay winners will win bragging rights.

**OREGON SERIES:** The 2000-meter swim is a qualifying swim for the Oregon Open Water Swim Series. The 1000-meter swim and the relay are not qualifying swims.

**CAMPING:** Sunnyside Park is a fully equipped Linn County campground 1.2 miles from the race site. Tent sites: \$13 and hookup sites: \$18 per night plus, \$11 reservation fee per site. Tent sites hold up to 8 people. Call 541-967-3917.

**INFO:** Event questions: Pam Himstreet, himstreet@bendcable.com or 541-385-7770. Race questions: Bob Bruce, bobbbruce13@attglobal.net or 541-317-4851

Complete entry form legibly, sign liability waiver, and send with photocopy of USMS registration card.

Swims (check one only):

☐ 2000-meter swim

☐ 1000-meter swim

☒ Relay

Fees:

1000 or 2000-meter Swim (\$20)

Late or Day-of-swim (\$10 extra)

4 x 400 Pursuit Relay (FREE)

xxxxx

One Event Registration (required if not a 2005 USMS Swimming Member) Add +\$15 now. \_\_\_\_\_ (sign form at the lake)

Full membership is \$38.00 which can be added to your entry now also. TOTAL: \_\_\_\_\_

Name: \_\_\_\_\_ 2005 USMS Number: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_ Sex: \_\_\_\_

E-mail: \_\_\_\_\_ USMS Club (Oreg, Maco): \_\_\_\_\_ Local Team: \_\_\_\_\_

**Waiver:** "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES THERETO, I HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

CHECKS payable to COMA. MAIL by June 15 to Mary Sweat, 6744 NW 30<sup>th</sup> St., Redmond, OR 97756



## ROGUE VALLEY MASTERS

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### 2005 SOUTHERN OREGON OPEN WATER CHALLENGE SATURDAY, JULY 16--APPLEGATE LAKE

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**Event #1 3K:** The course distance is 3 kilometers (approximately 2 miles) and will be triangular in shape. Start and finish will be in the water. Expected water temperature is 70-74 degrees.

**Schedule:** Registration: 8:00-9:30am Registration closes at 9:30 am. No entries will be accepted after 9:30am.

Pre-race instructions: 9:45am

Race begins: 10:00am

**Eligibility:** This event is open to all USMS registered swimmers 19 years of age as of July 16, 2005. All entrants must submit a copy of their registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

**Entry Fees:** \$25.00 if postmarked by July 2nd

\$40.00 for both events

\$30.00/\$45.00 for late or race-day entries Please do not mail any entries after July 11<sup>th</sup>.

Entry fees include cap, t-shirt and lunch. Additional lunches are available for \$7.00 per person. Race-day entrants are not guaranteed a shirt on race day but orders may be taken and shirts sent promptly after the event. There will be a limited number of t-shirts for sale on race day at a cost of \$12.00. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or in person to the Race Director. Cancellations will not be accepted via e-mail.

**Awards:** 1<sup>st</sup> through 3rd place in each male & female age group (i.e. 19-24, 25-29, etc.) will receive awards. The fastest overall male and female swimmers will receive special awards.

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**Event #2 1.5K:** Swimmers will compete in a 1500-meter mass start open water swim. The course will also be triangular in shape. Start and finish will be in the water.

**Schedule:** Registration: 11:30pm-12:30pm Registration closes at 12:30pm. No entries will be accepted after 12:30pm.

Pre-race instructions: 12:45pm

Race begins: 1:00pm

**Eligibility:** Same as above.

Deli-style lunch and Awards presentation will take place following race.

**Fees:** \$20.00 if postmarked by July 2nd

\$40.00 for both events

\$30.00 for late or race-day entries

Fees include cap and post-race lunch. Additional lunches are available for \$7.00/person as are T-shirts for \$12.00 each.

**Awards:** Swimmers finishing 1<sup>st</sup> through 3<sup>d</sup> in each age group will receive awards. The fastest overall male and female swimmers will receive special awards.

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**Race Director:** Greg Frownfelter: 541-535-3633 or 541-842-2531 on business days [GREGF@JobCouncil.org](mailto:GREGF@JobCouncil.org)

**Sanctions & Rules:** These events are sanctioned by OMS, Inc for USMS 375-OW2. In addition, both are part of the Oregon Open Water Swim Series. Current USMS rules will cover all swims. The use of pull buoys, hand paddles and fins are prohibited. All participants must wear the caps provided for each race.

**Safety:** Lifeguards & safety personnel will monitor the course for both events. In addition, lifeguards will be present before and after each for warm-ups and cool-downs. Local EMT's will be on site near the start/finish area.

**Parking:** There is a day use parking fee of \$5.00 payable to the park concessionaire at Hart-Tish Park (free with a Northwest Pass).

**Camping:** Rogue Valley Masters has reserved Beaver Sulfur Campground located 11 miles northeast of Applegate Lake. This is a very scenic and secluded campground with vault toilets and well water. Beaver Sulfur is a group campground with 10 individual sites and each site can accommodate several tents. Camping at Beaver Sulfur is \$4/adult/night and must be reserved in advance on a first-come/first-served pre-paid basis. At Hart-Tish Park, there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$15.00 per night with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee.) There are no hookups.

**Directions:** From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west.) Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate

Lake. Proceed past the dam for another .7 miles until you reach Hart-Tish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. Please allow plenty of time to drive and park.

This event is under special use authorization with the Rogue River National Forest.  
U.S. Forest Service rules: No pets are allowed at Hart-Tish Park.

Local Attractions: There is an abundance of summer entertainment and outdoor recreational activities in the Rogue Valley. For information, contact the Ashland Chamber of Commerce: 541-482-3486 or the Medford Visitors/Convention Bureau: 541-779-4847.

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ M \_\_\_\_ F \_\_\_\_

Address/City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Club: \_\_\_\_\_ Team \_\_\_\_\_

USMS Reg # \_\_\_\_\_ (Please attach copy of card.) Please send results: E-mail \_\_\_\_/USPS mail \_\_\_\_  
ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-event registration available @\$15.00)

3K Swim \_\_\_\_\_ \$25.00

1.5K Swim \_\_\_\_\_ \$20.00

Both Events: \_\_\_\_\_ \$40.00

T-Shirts: S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL (\$2 extra) \_\_\_\_

Extra Lunch: \_\_\_\_\_ \$7.00 per person

Extra T-Shirt: \_\_\_\_\_ \$12.00 (Size \_\_\_\_)

Camping: Beaver Sulfur \_\_\_\_\_ \$4.00/adult/night (# of Adults \_\_\_\_)

Camping: Hart-Tish Park \_\_\_\_\_ \$15/night (# of nights \_\_\_\_)

TOTAL : \$ \_\_\_\_\_ Please make checks payable to: RVM Lake Swim

MAIL ENTRY FORM, CHECK, & COPY OF 2005 USMS REGISTRATION TO: RVM LAKE SWIM

PO BOX 3338

ASHLAND, OR 97520

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition,) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: US MASTERS SWIMMING, INC, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Invitation to the Sizzling Summer Spectacular 'Stravaganza (and an opportunity to swim the 5km postal)!

You are cordially invited to swim the long course swim meet that the Tualatin Hills Barracudas are hosting on June 4th, 2005. Please see the entry form in this month's aqua-master to pick out your favourite events.

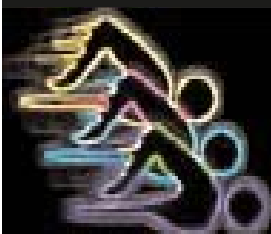
In addition to the swim meet, we are also hosting an opportunity to do the 5km postal swim in the 50m pool, immediately after the meet has finished. This will be limited to the first 20 who pre-sign up for the 5km. 7 swimmers have already signed up for the 5km. We highly recommend that you pre-sign up ASAP. You may also sign up on Race Day if there are any openings. If you would like to swim the 5km, then you MUST bring along someone to time/count your laps for you. The cost to do the 5km swim will be \$5 if you have swum in the meet, or \$10 if you have not, payable on the day. This is an excellent opportunity to swim the 5km and not get dizzy...or, swim the 5km with us, so you can swim the 10km with your club!! What a great opportunity for all you open-water swimmers to get the swim done.

To pre-sign up for the 5km or any questions regarding the swim meet and/or the 5km postal contact the meet director, Rachel Skoss at ([skossr@yahoo.com.au](mailto:skossr@yahoo.com.au) or 503 644 2622).

We are including the USMS pace chart for Postal Swims. This will help you as you plan and train for the 5km postal event. Don't be left out - make sure you pre-sign up with Rachel.

### LONG DISTANCE PACE CHART

Pace per 100 yards or meters	One Hour Swim Pace	3,000 Yard Swim			6,000 Yard Swim			5,000 Meter Swim		
		Hours	Minutes	Seconds	Hours	Minutes	Seconds	Hours	Minutes	Seconds
3:00	2000 yards	1	30	0	3	0	0	2	30	0
2:51	2100 yards	1	25	43	2	51	26	2	22	51
2:44	2200 yards	1	21	49	2	43	38	2	16	22
2:36	2300 yards	1	18	16	2	36	31	2	10	26
2:30	2400 yards	1	15	0	2	30	0	2	5	0
2:24	2500 yards	1	12	0	2	24	0	2	0	0
2:18	2600 yards	1	9	14	2	18	28	1	55	23
2:13	2700 yards	1	6	40	2	13	20	1	51	7
2:09	2800 yards	1	4	17	2	8	34	1	47	9
2:04	2900 yards	1	2	4	2	4	8	1	43	27
2:00	3000 yards	1	0	0	2	0	0	1	40	0
1:56	3100 yards	0	58	4	1	56	8	1	36	46
1:53	3200 yards	0	56	15	1	52	30	1	33	45
1:49	3300 yards	0	54	33	1	49	5	1	30	55
1:46	3400 yards	0	52	56	1	45	53	1	28	14
1:43	3500 yards	0	51	26	1	42	51	1	25	43
1:40	3600 yards	0	50	0	1	40	0	1	23	20
1:37	3700 yards	0	48	39	1	37	18	1	21	5
1:35	3800 yards	0	47	22	1	34	44	1	18	57
1:32	3900 yards	0	46	9	1	32	18	1	16	55
1:30	4000 yards	0	45	0	1	30	0	1	15	0
1:28	4100 yards	0	43	54	1	27	48	1	13	10
1:26	4200 yards	0	42	51	1	25	43	1	11	26
1:24	4300 yards	0	41	52	1	23	43	1	9	46
1:22	4400 yards	0	40	55	1	21	49	1	8	11
1:20	4500 yards	0	40	0	1	20	0	1	6	40
1:18.2	4600 yards	0	39	8	1	18	16	1	5	13
1:16.5	4700 yards	0	38	18	1	16	36	1	3	50
1:15.0	4800 yards	0	37	30	1	15	0	1	2	30
1:13.5	4900 yards	0	36	44	1	13	28	1	1	13
1:12.0	5000 yards	0	36	0	1	12	0	1	0	0
1:10.5	5100 yards	0	35	18	1	10	35	0	58	49
1:09.2	5200 yards	0	34	37	1	9	14	0	57	42
1:07.9	5300 yards	0	33	58	1	7	55	0	56	36
1:06.6	5400 yards	0	33	20	1	6	40	0	55	33
1:05.5	5500 yards	0	32	44	1	5	27	0	54	33
1:04.3	5600 yards	0	32	9	1	4	17	0	53	34
1:03.1	5700 yards	0	31	35	1	3	9	0	52	38
1:02.0	5800 yards	0	31	2	1	2	4	0	51	43
1:01.0	5900 yards	0	30	31	1	1	1	0	50	51
1:00	6000 yards	0	30	0	1	0	0	0	50	0



## Top Ten Results S C M

## Mary Sweat Top Ten Chair



### 2004 USMS Top Ten SCM for Oregon

Place	Event	Name	Age	Club	Time
<b>Women 18-24</b>					
8	800 Free	Jennifer Billings	23	OREG	12:14.18
<b>Women 30-34</b>					
3	200 Free	Sara Quan	32	OREG	2:17.92
2	400 Free	Sara Quan	32	OREG	4:43.59
2	800 Free	Sara Quan	32	OREG	9:47.90
8	50 Breast	Nikki Weeks	32	OREG	39.26
4	200 Breast	Sara Quan	32	OREG	2:57.02
9	100 IM	Nikki Weeks	32	OREG	1:14.84
<b>Women 40-44</b>					
6	200 Free	Valerie Jenkins	41	OREG	2:23.23
4	50 Back	Valerie Jenkins	41	OREG	32.94
4	100 Back	Valerie Jenkins	41	OREG	1:16.97
<b>Women 45-49</b>					
1	50 Free	K Andrus-Hughes	47	OREG	28.77
4	50 Free	Colette Crabbe	48	OREG	30.42
1	100 Free	K Andrus-Hughes	47	OREG	1:03.00
1	200 Free	K Andrus-Hughes	47	OREG	2:20.80
2	1500 Free	Mary Sweat	47	OREG	19:49.05
1	50 Back	K Andrus-Hughes	47	OREG	32.93
1	100 Back	K Andrus-Hughes	47	OREG	1:10.90
1	200 Back	K Andrus-Hughes	47	OREG	2:38.51
3	50 Breast	Colette Crabbe	48	OREG	38.13
2	200 Breast	Colette Crabbe	48	OREG	2:57.92
8	200 Breast	Lori Lamoureux	45	UNAT	3:27.53
6	50 Fly	Colette Crabbe	48	OREG	33.62
7	50 Fly	K Andrus-Hughes	47	OREG	33.84
1	100 IM	Colette Crabbe	48	OREG	1:13.29
3	100 IM	K Andrus-Hughes	47	OREG	1:15.05
<b>Women 55-59</b>					
3	50 Free	Janet Gettling	56	OREG	34.02
9	50 Free	Sandi Rousseau	57	OREG	36.44
5	100 Free	Janet Gettling	56	OREG	1:16.16
9	100 Free	Sandi Rousseau	57	OREG	1:20.77
3	50 Back	Janet Gettling	56	OREG	41.96
7	100 Back	Ginger Pierson	58	MACO	1:36.50
1	50 Breast	Ginger Pierson	58	MACO	40.86
2	50 Breast	Janet Gettling	56	OREG	42.34
1	100 Breast	Ginger Pierson	58	MACO	1:30.11
1	200 Breast	Ginger Pierson	58	MACO	3:20.84
3	50 Fly	Janet Gettling	56	OREG	37.08
8	50 Fly	Sandi Rousseau	57	OREG	40.71
4	100 Fly	Ginger Pierson	58	MACO	1:31.19
2	200 Fly	Ginger Pierson	58	MACO	3:20.77
3	100 IM	Janet Gettling	56	OREG	1:26.76
5	100 IM	Ginger Pierson	58	MACO	1:28.13
3	200 IM	Ginger Pierson	58	MACO	3:17.91
4	400 IM	Ginger Pierson	58	MACO	7:01.94
<b>Women 60-64</b>					
5	50 Free	Joy Ward	62	OREG	36.14

8	50 Free	Sue Calnek-Morris	61	OREG	37.61
6	100 Free	Sue Calnek-Morris	61	OREG	1:23.76
7	100 Free	Joy Ward	62	OREG	1:25.80
6	400 Free	Sue Calnek-Morris	61	OREG	6:44.56
4	800 Free	Sue Calnek-Morris	61	OREG	13:07.26
2	1500 Free	Sue Calnek-Morris	61	OREG	25:45.30
1	50 Back	Joy Ward	62	OREG	42.87
1	200 Back	Joy Ward	62	OREG	3:16.72
6	50 Breast	Joy Ward	62	OREG	52.41
2	50 Fly	Joy Ward	62	OREG	39.13
4	100 Fly	Joy Ward	62	OREG	1:36.11
3	100 IM	Joy Ward	62	OREG	1:35.19
3	200 IM	Joy Ward	62	OREG	3:25.90
<b>Women 70-74</b>					
7	200 Back	Bev Lesperance	72	OREG	5:00.98
<b>Women 75-79</b>					
8	100 Fly	Margaret Wells	78	OREG	3:09.32
8	200 IM	Margaret Wells	78	OREG	6:05.27
8	400 IM	Margaret Wells	78	OREG	12:58.80
<b>Women 80-84</b>					
9	50 Fly	Elfie Stevenin	83	OREG	2:35.99
5	100 Fly	Elfie Stevenin	83	OREG	6:09.54
9	100 IM	Elfie Stevenin	83	OREG	4:21.47
6	200 IM	Elfie Stevenin	83	OREG	9:29.32
4	400 IM	Elfie Stevenin	83	OREG	18:56.32
<b>Women 90-94</b>					
2	50 Free	Hilda Buel	90	OREG	1:56.11
1	100 Free	Hilda Buel	90	OREG	5:12.26
3	50 Back	Hilda Buel	90	OREG	2:32.52
2	100 Back	Hilda Buel	90	OREG	5:30.05
3	50 Breast	Hilda Buel	90	OREG	2:36.88
1	100 Breast	Hilda Buel	90	OREG	6:29.98
1	200 Breast	Hilda Buel	90	OREG	14:53.20
2	50 Fly	Hilda Buel	90	OREG	4:00.74
1	200 IM	Hilda Buel	90	OREG	11:57.44
<b>Men 18-24</b>					
4	50 Back	Nathan Johnsen	24	OREG	29.66
1	100 Back	Nathan Johnsen	24	OREG	1:03.02
9	100 Breast	Nathan Johnsen	24	OREG	1:18.20
3	200 Fly	Kevin Cleary	21	OREG	2:47.70
4	200 IM	Nathan Johnsen	24	OREG	2:25.59
<b>Men 25-29</b>					
9	100 Breast	Brad Cota	29	OREG	1:15.17
<b>Men 30-34</b>					
6	50 Free	Curtis Taylor	33	OREG	24.92
6	100 Free	Curtis Taylor	33	OREG	55.01
8	800 Free	Kennedy Price	32	OREG	10:15.59
10	50 Back	Curtis Taylor	33	OREG	31.12
<b>Men 35-39</b>					
6	400 Free	Troy Drawz	36	MACO	4:26.59
10	400 Free	Timothy Nelson	39	OREG	4:34.78
4	800 Free	Timothy Nelson	39	OREG	9:40.34
10	100 Breast	Chris Gaarder	39	OREG	1:15.21

8	200 Breast	Chris Gaarder	39	OREG	2:50.79	10	100 Breast	Milton Marks	74	OREG	1:41.96		
9	50 Fly	Greg Cooper	37	MACO	27.86	9	200 Breast	Milton Marks	74	OREG	3:54.22		
<b>Men 40-44</b>													
1	800 Free	Dennis Baker	43	OREG	8:46.71	2	50 Fly	David Radcliff	70	OREG	36.04		
7	100 Back	Anthony Morgan	40	UNAT	1:08.56	2	100 IM	David Radcliff	70	OREG	1:22.09		
10	100 Back	Gano Butcher	40	OREG	1:09.89	<b>Men 80-84</b>							
<b>Men 45-49</b>													
5	200 Free	Pat Allender	46	OREG	2:09.78	6	50 Free	Gilbert Young	82	OREG	42.48		
7	400 Free	Pat Allender	46	OREG	4:36.25	9	50 Free	Rupert Fixott	83	OREG	50.30		
7	50 Back	Peter Metzger	49	OREG	31.68	3	100 Free	Gilbert Young	82	OREG	1:34.67		
9	50 Back	David Burleson	47	MACO	32.14	10	100 Free	Charles Bushey	83	OREG	2:08.86		
7	100 Back	Peter Metzger	49	OREG	1:08.52	4	200 Free	Gilbert Young	82	OREG	3:41.70		
9	100 Back	David Burleson	47	MACO	1:09.78	4	400 Free	Gilbert Young	82	OREG	8:05.20		
5	100 Breast	Pat Allender	46	OREG	1:12.90	3	800 Free	Gilbert Young	82	OREG	16:41.68		
4	200 Breast	Pat Allender	46	OREG	2:39.87	7	800 Free	Charles Bushey	83	OREG	19:46.97		
9	200 Fly	David Burleson	47	MACO	2:39.21	9	1500 Free	Joseph Mallon	83	OREG	46:50.57		
8	100 IM	Pat Allender	46	OREG	1:07.50	10	50 Back	Rupert Fixott	83	OREG	1:05.96		
4	200 IM	Pat Allender	46	OREG	2:26.05	10	100 Back	Rupert Fixott	83	OREG	2:33.18		
<b>Men 50-54</b>													
9	50 Back	Larry Philbrick	52	OREG	33.61	9	100 Breast	Rupert Fixott	83	OREG	2:35.75		
10	200 Back	Wes Edwards	51	OREG	2:38.34	4	100 IM	Rupert Fixott	83	OREG	2:30.13		
<b>Men 55-59</b>													
8	50 Back	Jon Stout	58	OREG	35.76	<b>Men 85-89</b>							
2	50 Breast	Allen Stark	55	OREG	33.97	1	50 Free	Andrew Holden	85	OREG	37.85		
2	100 Breast	Allen Stark	55	OREG	1:15.69	1	50 Back	Andrew Holden	85	OREG	49.24		
2	200 Breast	Allen Stark	55	OREG	2:47.88	3	50 Breast	Andrew Holden	85	OREG	58.91		
<b>Men 60-64</b>													
4	50 Free	Robert S Smith	61	OREG	27.94	2	50 Fly	Andrew Holden	85	OREG	47.89		
10	50 Free	Tom Landis	62	OREG	29.73	1	100 Fly	Andrew Holden	85	OREG	2:01.65		
7	100 Free	Tom Landis	62	OREG	1:06.09	1	100 IM	Andrew Holden	85	OREG	1:48.23		
5	400 Free	Tom Landis	62	OREG	5:19.59	1	200 IM	Andrew Holden	85	OREG	4:19.20		
4	800 Free	Tom Landis	62	OREG	11:05.48	1	400 IM	Andrew Holden	85	OREG	9:36.09		
2	1500 Free	Tom Landis	62	OREG	21:20.01	<b>Relays</b>							
6	1500 Free	Robert S Smith	61	OREG	22:50.78	<b>Men 100-119</b>							
1	50 Back	Robert Smith	61	OREG	31.31	3	200 Free	OREG	1:44.28	Sean Swain (33), Nathan Johnsen (24), Kevin Cleary (21), Curtis Taylor (33)			
1	100 Back	Robert Smith	61	OREG	1:09.20	<b>Men 160-199</b>							
5	50 Fly	Robert S Smith	61	OREG	30.86	2	200 Medley	OREG	2:03.09			Peter Metzger (49), Chris Gaarder (39), Steve Parmentier (39), Doug Brockbank (51)	
1	100 IM	Robert S Smith	61	OREG	1:12.36	<b>Men 240-279</b>							
<b>Men 65-69</b>													
9	50 Free	George Thayer	68	OREG	32.70	1	400 Medley	OREG	4:56.40	Robert Smith (61), Allen Stark (55), Tom Landis (62), David Radcliff (70)			
4	400 Free	Brent Lake	66	OREG	6:13.36	<b>1 800 Free OREG 9:50.52</b>							
2	800 Free	Brent Lake	66	OREG	12:28.63	Tom Landis (62), Ed Ramsey (48), David Radcliff (70), Robert Smith (61)							
1	1500 Free	Brent Lake	66	OREG	23:50.03	<b>Men 280-319</b>							
6	50 Back	Brent Lake	66	OREG	42.01	2	200 Free	OREG	2:30.93			Gilbert Young (82), Brent Lake (66), Andrew Holden (85), George Thayer (68)	
7	50 Back	George Thayer	68	OREG	42.10	<b>Mixed 160-199</b>							
1	100 Back	Brent Lake	66	OREG	1:29.13	2	400 Free	OREG	4:08.63	K Andrus-Hughes (47), Gano Butcher (40), Valerie Jenkins (41), Keith Peters (39)			
2	100 Back	George Thayer	68	OREG	1:31.92	<b>Mixed 200-239</b>							
1	200 Back	Brent Lake	66	OREG	3:15.14	1	400 Medley	OREG	4:36.34			K Andrus-Hughes (47), Allen Stark (55), Colette Crabbe (48), Larry Philbrick (52)	
4	200 Back	George Thayer	68	OREG	3:23.99	<b>Mixed 240-279</b>							
6	50 Breast	Ronald Nakata	65	OREG	41.79	2	400 Free	OREG	5:06.15	Janet Gettling (56), Joy Ward (62), George Thayer (68), Robert Smith (61)			
4	50 Fly	Ronald Nakata	65	OREG	34.05								
2	100 IM	Ronald Nakata	65	OREG	1:21.07								
2	200 IM	Ronald Nakata	65	OREG	3:05.25								
<b>Men 70-74</b>													
1	50 Free	David Radcliff	70	OREG	29.77								
1	100 Free	David Radcliff	70	OREG	1:06.50								
2	200 Free	David Radcliff	70	OREG	2:30.60								
2	400 Free	David Radcliff	70	OREG	5:25.28								
1	800 Free	David Radcliff	70	OREG	11:11.81								
1	1500 Free	David Radcliff	70	OREG	21:25.90								
9	50 Breast	Milton Marks	74	OREG	44.19								



# 2005 Meet SCHEDULE

Date	Event	Location	Contact
<b>Pool Meets</b>			
*June 4	LCM	Beaverton, OR	Rachel Skoss skossr@yahoo.com.au
*July 9-10	LCM - St. Games	Mt. Hood C.C.	Colette Crabbe colettecrabbe@hotmail.com
Sept. 11 Patriot Games	SCM Pentathlon + Relay	Camas, WA	Bert Petersen petersen@exchangenet.net
Oct. 29	Freestyle Pentathlon + Relays	Bend, OR	Mary Sweat msweat@bendcable.com
<b>Open Water</b>			
June 12	750M, 2 K & 4 K	Hagg Laake	On line registration at www.geckotriclub.com
*June 25	1000 & 2000 4 x 400 Pursuit Rely	Foster Lake	Bob Bruce bobbruce13@attglobal.net
*July 16	3000 & 1500	Applegate Lake	Greg Frownfelter Scott Kohimeier gregf@jobcouncil.org scottk1712@yahoo.com
July 29-31	Fri - 2 mile, Sat - 1/4 & 1 mile Sun - 3 & 1/2 mile	Elk Lake Cascade Lakes Festival	Pam Himstreet Mary Sweat himstreet@bendcable.com msweat@bendcable.com
Aug. 13	3000, 1500, 500	Eel Lake	Ralph Mohr magister@coosnet.com
Aug. 21	1mile, 1000 Equipment 500 Kick	Dorena Lake	Steve Johnson stevej@nsdssurvey.org
<b>National Championships</b>			
May 19-22	SCY Nationals	Ft. Lauderdale, FL	www.usms.org
July 30	1 Mile Open Water	Elk Lake, Oregon	Bob Bruce bobbruce13@attglobal.net
Aug. 10-14	LCM Nationals	Mission Viejo, CA	www.usms.org
<b>Postal Championships2005</b>			
May 15-Sept. 30	5K/10K Postal Championship		Christine Swanson ctswanson@yahoo.com
Sept. 1-Oct. 31	3000/6000 Postal Championship		Riley Stevens rileyrst@aol.com
<b>International Championships</b>			
World Masters Games - July 22 - 31, 2005		Edmonton, Canada	http://www.2005worldmasters.com/
FINA World Masters Championship - August 2006			Stanford, California
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

<b>Board Meetings</b>			July 10	10:00 AM	MHCC (State Games)
All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details			Aug. 24	7 PM	NIKE
Apr. 27			Sept. 28	7 PM	NIKE
June 1			Oct. 7	7:00 PM	Portland (Board Meeting)
			Oct. 8	9:00 AM	Portland (Board Retreat)

**Aqua Master**  
May 2005

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**Inside: Results - Association Meet - Award Winners**